



BALANCE



Apps

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Articles and Books

[View some positivity articles and books here](#)



Podcasts

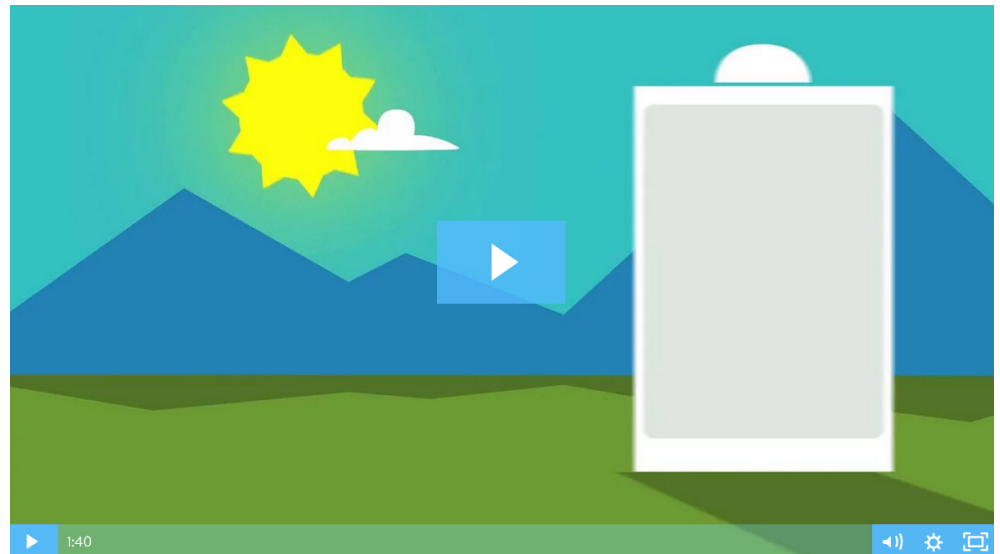
[View recommended podcasts here](#)

Positivity

It's easy to feel overwhelmed, but a positive outlook can help you find balance in your work, home and social lives.

Definition:

The quality or feeling of being grateful or thankful.



Key Takeaways

- Gratitude is a powerful mindset because it leads to positive emotions.
- We need to create “space” in our lives between what happens to us and how we react to what happens to us.
- We can use that “space” to respond thoughtfully instead of reacting impulsively; gratitude can fill that “space”.



Key Habits

- Actively notice and appreciate things that make us grateful.
- Write those things down to help reinforce their positive emotion.