



04 - VOCABULARY: STAYING POSITIVE



- 1 - We talk about a positive '**outlook**' or '**attitude**': *I try to keep a positive outlook on life. We also use the noun **positivity**, meaning 'the quality of having a positive attitude': I really admired her positivity in such difficult circumstances.*
- 2 - Those who quickly become happy and positive again after bad things happen to them may be described as *resilient*. *Children can be remarkably resilient.* (The noun is resilience)
- 3 - Related, we use the phrasal verb **bounce back** to mean 'to soon become happy again after a bad experience': *He was obviously upset when it happened, but he seemed to bounce back.*
- 4 - A noun in this area heard more and more is **self-care**. It means taking care of your physical health, but also looking after your mental health. It is used for the things that we do in order to stay positive and relaxed, for example, taking regular exercise, getting enough sleep and taking time out in nature: *20 ways to practise self-care every day.*
- 5 - One of the main aims of self-care is to get rid of the feelings of stress that are part of work and daily life. We say that we **deal with, manage, relieve or combat** stress by, for example, listening to our favourite music or meeting a good friend. (The verb **de-stress** has the same meaning: *Exercise helps me to de-stress.*)
- 6 - People sometimes use the phrase **me time** to refer to time that they deliberately spend doing enjoyable things for themselves and not others: *When the kids are in bed, I finally get to enjoy a bit of me time.*
- 7 - Some people find it helps them to stay positive if they make an effort to feel **grateful** or **thankful** for good things that happen in their day.. One way that people do this is by keeping a **gratitude** journal/diary where they make a note each day of good things that have happened to them:
- 8 - Finally, something that for many of us is key to staying positive and happy is **the work-life balance**, which is the amount of time you spend at work compared with the time you spend doing other things, for example hobbies and socializing: *Most of us struggle to maintain a good work-life balance.*