

**MY  
Positivity  
GUIDE**



Negative and unhelpful thoughts	Positive ways to look at the situation		
	Focus on what you have	Embrace optimism	Use positive words
<p>E.g.</p> <p>I definitely cannot cope with working from home and taking care of my child at the same time</p> <p>—</p>	<p>E.g.</p> <p>I have my spouse/parents/in-laws to help take care of my child when I cannot</p> <p>—</p>	<p>E.g.</p> <p>I have more time to spend with my children at home</p> <p>—</p>	<p>E.g.</p> <p>I can cope with the situation, with help from my spouse</p> <p>—</p>

