

## Achieving a positive mindset

As weird as it might be a lot of things from our day-to-day life revolve around how happy we are. Our productivity, our success rate, even the way we react to others around us so it's clearly pretty important to stay positive but that isn't always so easy.

Let's think of our theme these past few years for the Erasmus+ project. Destination Happiness, right? My question is, throughout all the activities and the great things we did, did you find your happy place? Do you know your final destination? It's like going somewhere you've only ever heard of really. On our first day here you were asked that if you could travel anywhere in the world, where would you go? Well, imagine someone came up to you and told you: "You have this number of days to get there" you don't have a map, you can't ask for directions, the truth is you have to figure it out for yourself. Being individual human beings we obviously like different things and what might bring you joy might not be the same for the person next to you and that's what makes it exciting.

Here's the thing, I'm talking about positivity, but on a more realistic note, especially with our generation, we tend to only see the bad parts out of a situation and let that overrule the greater things and we might even do it without realizing. As I said I can't give you an example of the exact steps of achieving happiness but sometimes the smallest little details count the most. Think of a food you like, personally I'm obsessed with coffee so even if I'm having the worst day, I make myself an iced caramel macchiato and concrete my energy on that instead of the upsetting situation that I'm in. Another thing I like doing is to look out for others. Maybe check on my friends once in a while, get them flowers or their favorite food on the bad days. For me the most important thing is maintaining relationships because you'll have someone go look out for you when you can't and just the fact that I've made someone else feel good makes me feel better about myself.

Bottom line is even if it's our nature to let the negative things take control, try to understand yourself, figure out what makes you happy and when you feel like giving up, try something from that little list you have in your mind, don't be afraid to ask for help and who knows, you might be back on track quicker than you know it.