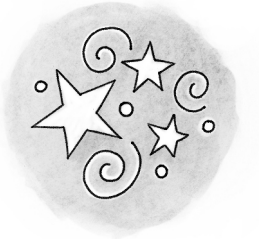

Count Your Amazing Stars

Keeping track of moments of strength and joy can help you overcome the brain's negativity bias. Each time something amazing happens, draw a picture of the event or write down a few words to help you remember the moment. Then when you are feeling down, check this page and count your stars.