Find a place for positivity

Take a moment to notice the good in your everyday life.

Capture moments of positivity and focus on them. Join the SmartHealth **Positive Mindset challenge** and get tips to help you pause and appreciate the good in your life. Turn this positive practice into a healthy habit.

How the challenge works:

During the Positive Mindset challenge, focus on one or more positive thoughts for at least 21 days to earn 150 points. The challenge starts February 18 and ends on March 17.

Register by February 25 to participate. Track your response to the daily challenge question, "*Did you find a positive thought to focus on today?*" at **smarthealth.hca.wa.gov** or on the Wellness At Your Side app.

Your brain on positivity

Did you know? Practicing positivity for just a few minutes a day can help strengthen your brain's neural pathways associated with optimism, reward, and emotional well-being.

Take the first step and join the challenge today!

Smart Health

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