

Take in the positive

Without nourishment we run on empty, and it's difficult to have what we need to meet the demands and pressures of life. Nourishment heals, restores, strengthens and builds us.

Positive experiences, those moments when we light up inside, when our heart and body notice, provide the nourishment we need in life.

The small things are important here. Barbara Fredrickson talks about heartfelt positive *moments*. These small, unassuming, seemingly insignificant, experiences play a key role in the nourishment we need.

A positive moment is when you take it in, and you feel it. You might light up inside, you may have a sense of peace, comfortableness, curiosity or interest, or maybe a sense of being at home in yourself. Maybe it's a shared moment of connection with someone else, with nature, or with God.

Positive moments come in so many different forms. Take the opportunity to savour them. Enjoy that sip of coffee, the smile from someone, a laugh, the warmth of the sun, a moment of caring or connection, or the beauty of a flower. Let these experience sink in and nourish you.