**Power of Positive Thinking Email Blurbs**

**Week 1 Is it True:** Remember the children’s book, “The Little Engine That Could?” Whether we read book this to our kids, or whether it was read to us as kid, the importance of positive thinking was introduced at a young age. Why? Does believing, *I think I can I think I can,* actually work? These next four weeks will uncover the power of positive thinking, because yes, it does work! This week will provide scientific evidence to why positive thinking is good and that it works.

**Week 2 Be Proactive:** What is one, distinguishable trait a positive person has? *Proactivity.* They don’t blame others, bad genes, or bad weather. They *choose* how they will act and what they will say. Read more from this week to learn if you are a proactive or reactive person, and tips on how you be more proactive.

**Week 3 Peaks and Valleys:** Have you noticed whether you think differently or more aware of your thoughts and behaviours? Week 3 is all about peaks and valleys. Growing in self-awareness of our mental health is recognizing that both peaks and valleys are an essential part of a normal, healthy life. This means, it is *normal and okay* to go through low times in life! In fact, valleys can actually teach us a lot to become more mentally healthy. Read on to see why!

**Week 4 Healthy Body = Healthy Mind.** We all know exercise is good for us and we should do it. Did you ever think it could improve your mind and mood? As mentioned last week, we all go through valleys – stress, anxiety and depression. Research studies have shown that aerobic exercise can reduce anxiety, depression and much more. After these four weeks, I hope you now understand the key role mental health plays in a achieving a healthy lifestyle!