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Embracing Your "Positivity-Bias"

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Humans have an ingrained propensity towards negative bias, which sometimes means we only hear or remember the negative. Have you ever had that instance where one negative comment made by a family member, co-worker or friend could ruin your day and even change how you feel about yourself? Unfortunately, that's our negative bias at work.

In this time of COVID-19, we are surrounded by tons of negativity, so much so, that it can feel hard to escape from it. This month, we want to inspire you with a "positivity"-bias instead, sharing with you some of the goodness that others have demonstrated during this difficult time. Around the world companies and individuals alike are stepping up to help those on the front lines, spreading joy in simple

ways, and creating connections where we were so disconnected before. The good news is inspiring and an example of how positive and resilient humanity is.

The world is teeming with good news!

“We spend precious hours fearing the inevitable. It would be wise to use that time adoring our families, cherishing our friends and living our lives.”
-- Maya Angelou

Favorite Articles This Month



6 Positive News Stories To Brighten Up Your Day Amid COVID-19

While it can be tough to avoid getting bogged down by all the negativity surrounding us, sometimes it's important to take a step back and focus on the good in the world.

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Protecting Your Mind During COVID-19

This pandemic has called into question so much for so many, that being able to count five things we're grateful for each day is an exercise in abundance.

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Listen to These Uplifting Songs to Stay Optimistic and Positive Right Now

In challenging times, music can hold the power to trigger joy, spark nostalgia, and even relieve stress and anxiety.

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