

TOXIC POSITIVITY



What is toxic positivity

Toxic positivity is when a person is positive no matter how difficult the situation may be



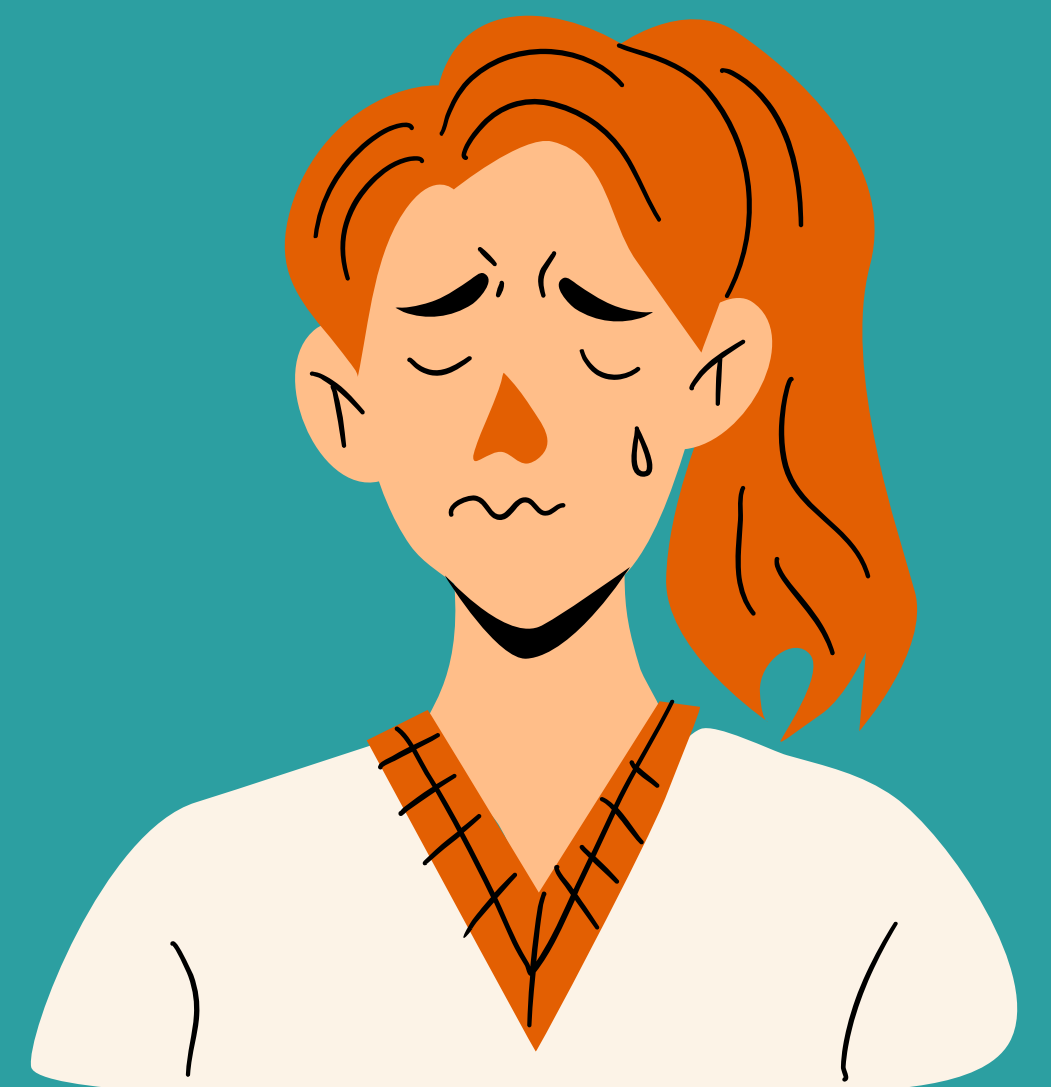
But isn't positivity good?

Of course it's good to remain positive but it's not healthy to always ignore negative emotions



Toxic positivity can look like...

It may look like someone feeling immense guilt for feeling anything other than happiness





Toxic positivity may cause some people to ignore or dismiss other people's 'bad emotions'. Trying to quote positive remarks instead of seeing sometimes it's okay to feel bad.

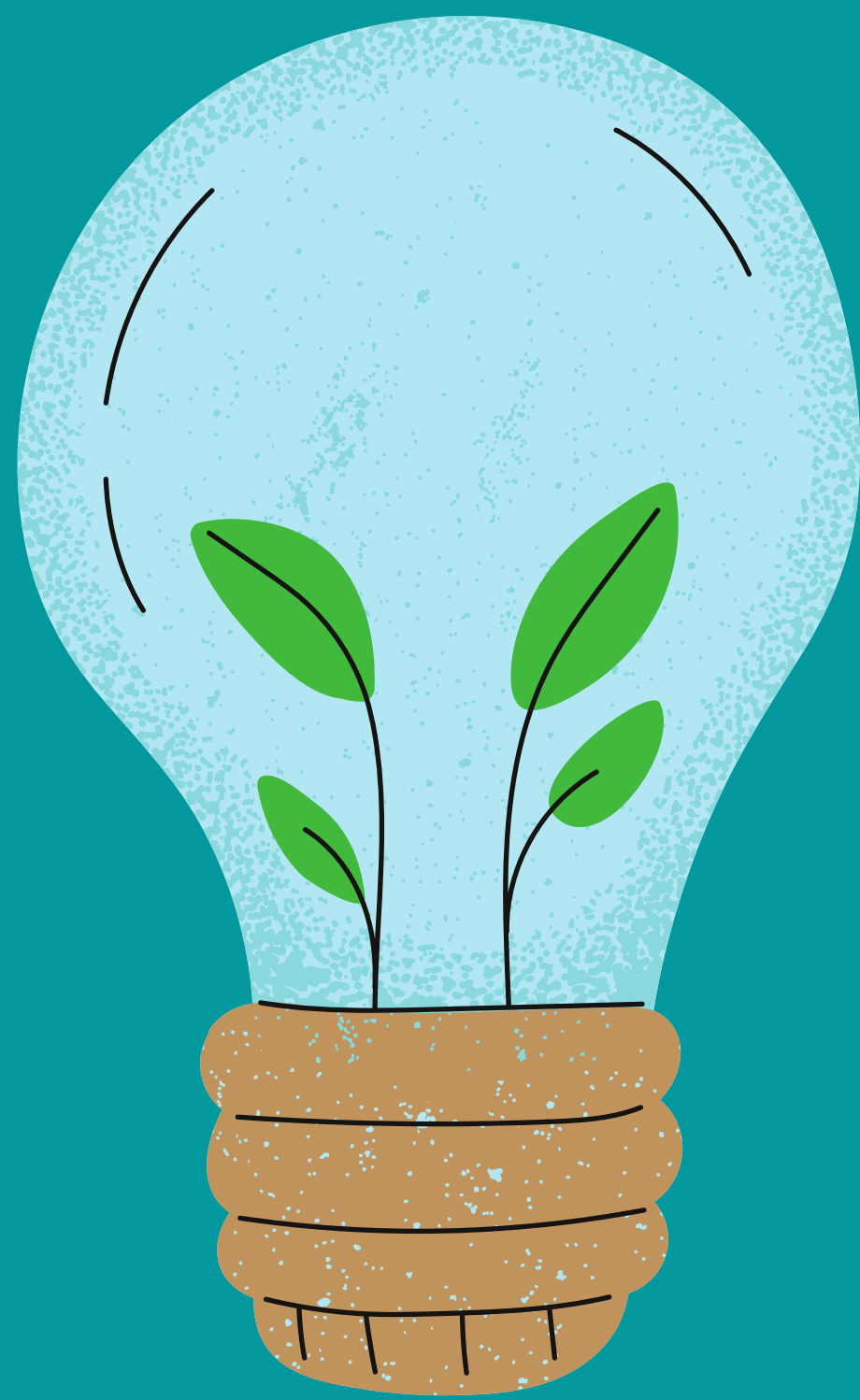
How can I practice healthy positivity?



There are times you will feel happy and other times you won't, both are normal. It's important not to squish any feelings down but to allow yourself to feel them in the moment

Support yourself and others

Don't shame yourself or others for intense emotions. It's okay to not be okay. No one is 110% all the time and that's normal



By noticing how you feel and why you're feeling it, allows you to open yourself up to growth. Emotions are normal and healthy. Don't force yourself to be happy all the time or have 'good vibes only'. Allow yourself to express your emotions, good or bad.