TOOLBOX TALK – HUNT THE GOOD STUFF

As humans, we are naturally wired to view things with a negative bias - while this still serves us well on occasion, we want to actively try to prevent it from becoming our ‘default setting’.

‘Hunting the Good Stuff’ is about creating a routine of noticing, savouring and appreciating the good things in life - what does go well each day and getting perspective on those things that don’t go so well.

Hunting the good stuff (HTGS) is an actual powerful exercise which ushers in gratitude, which leads to the good life physically, psychologically, and especially socially.

On the physical side, gratitude is linked to optimally functioning immune systems, lower blood pressure, better sleep and being bothered less by pain.

Psychological benefits of gratitude include more happiness, joy and pleasure as well as increased alertness. Grateful folks are more mentally tough, hardier, and resilient (HTGS is taught to soldiers to improve resilience).

People who are grateful also have less of what are often called “toxic” emotions — resentment, envy, and regret. You simply can’t be grateful and resentful, envious and full of regret at the same time.

People higher in gratitude are more generous, more helpful, more compassionate and less lonely. (Researchers warn that loneliness has become an epidemic, not caused only by people being isolated but more from people feeling isolated from others even when people are all around them.)

Hunting the good stuff is about purposely being on the hunt — scouting out and searching for anything good. Calling your brain to attention, putting it to work.

There are generally lots of opportunities for hunting the good stuff. You could HTGS when you are taking a walk or during interacting with others — working, playing, or eating dinner with family and friends.

Ideas to practice:

1. Write or think about three good things every day you find hunting for good stuff and write why I appreciated them.

2. Use “Visual cues” to remind you to do it so it becomes a habit. Visual cues are primarily objects, posters, words, calendars — something you put where you can see it, as a mental nag.