

**WE JUST  
PAID OFF OUR  
MORTGAGE.**

**Must Be Nice ...**

**I'VE BEEN  
EXERCISING  
EVERY DAY  
AT LUNCH.**

**I got a  
promotion  
at work.**

**NICE**

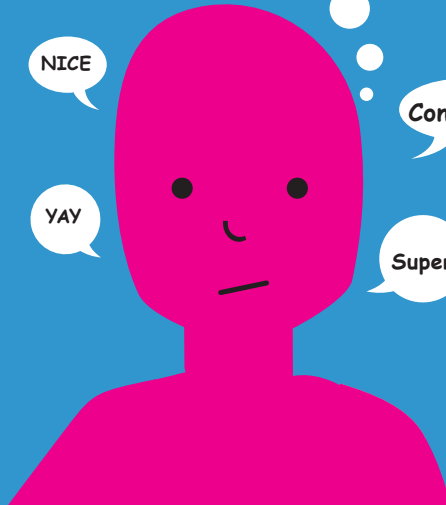
**Congrats**

**YAY**

**Super**

**MY PARTNER  
DOES ALL THE  
COOKING.**

**I'm taking  
a sabbatical  
and taking my  
kids to Europe.**



# The “Must Be Nice” reaction.

Do you ever think “Must Be Nice” in response to the goodness and positivity experienced by friends or coworkers? This reaction can happen as a result of being so overloaded and depleted that we find it difficult to be generous and supportive towards the people in our lives.

Recognizing when we are experiencing the “Must Be Nice” reaction is very useful as it can highlight something that we yearn for, crave or feel guilty about. Next time your friend tells you they are going on an extended vacation and you think “Must Be Nice” try these steps:

1. **Notice** what you are feeling.
2. **Pause** and take a breath.
3. **Check in** with yourself: Am I envious? Is this something I am yearning for?
4. **Adjust** what you can do to bring about even the smallest possible change.