THINK POSITIVE

Retrain your brain to wipe out negative thoughts

If negative thoughts keep running through your head, it may be time to put on a pair of rose-colored glasses. Looking at life's challenges in a more positive way can improve your physical well-being and even increase your life span! People who see the glass as half full, have lower rates of depression, stronger immune systems, a reduced risk of heart disease, and better coping skills during hard times.

Rule your emotions

Don't let your emotions rule you. Once you start to recognize situations that put you in that negative cycle, create pointless worry, or break down your confidence, you can take control with active thinking. If you tend to be a negative thinker, keep practicing. Like any other habit, changing your thought process will take time.

Retrain your brain

- When a negative emotion pops into your head, put a positive spin on it.
- Quit trying to rationalize negative thoughts.
- If you can't control it, don't worry about it.
- Surround yourself with positive people.
- Find things to laugh about, especially during difficult times.
- Create lists of accomplishments, favorite memories, things to be thankful for, and future possibilities.
- Quit blaming yourself for every bad thing that happens.
- Take positive steps to improve a negative situation.
- Don't let one minor problem in the morning ruin your entire day.
- Accept that life is not all black and white.
- Take care of yourself: Exercise, eat healthy, and get enough sleep.
- Cut yourself some slack.
- Get lost in a hobby that you enjoy.

Action Step

Make a list of areas in your life that keep you dwelling in negative energy; then write out a few positive statements for each. Focus on what you want, not what you don't want.