

# Push negative thoughts away



The brain is a busy organ. It helps to regulate the body's functions, and it helps you manage your thoughts and emotions. Whether you're concentrating on a project, recalling a past event, or focusing on what to do next, your mind has a powerful influence on how you feel about yourself.

Negative thoughts in your head can have a dramatic impact on your life. Thoughts like "I can't do this" or "I'm stupid" can affect your self-esteem and increase stress levels.

Thankfully, you can re-train yourself to ignore negative thoughts and start thinking more positively. The American Heart Association says this can help you cope with difficulties and stressful situations as they arise.

## *Here's how to do it:*

- Practice positive self-talk every day. It may feel awkward at first, but over time, it will become more natural.
- When you make a mistake, don't think, "I'm a failure" or "I'm not good enough." Tell yourself, "It's okay. We all make mistakes. I can learn from this."
- When you're having a bad day, don't think, "Everything is going wrong. I can't handle it." Tell yourself, "I can do this. I'll take it one step at a time."
- Replace more negative thoughts with positive ones each day, and you may start to feel less stress overall.