

# DISCONNECT TO RECONNECT

## IS YOUR GLASS HALF EMPTY OR HALF FULL?

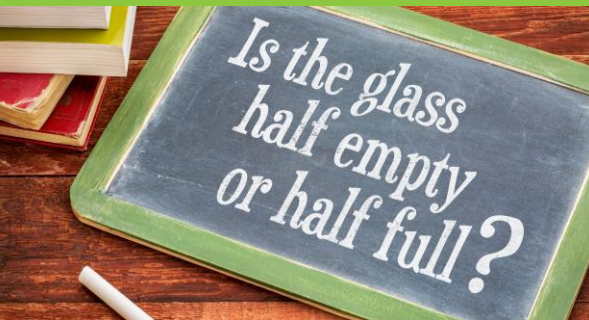
"There is no reason to contain your positive thoughts, words and emotions and many reasons to control your negative ones.

Are you making the right choices?"

— Tom Cunningham



Cognitive science has confirmed that positive thinking is a learned trait and that the more we practice this skill, the stronger our positive neural pathways and connections become. If you think mostly positive thoughts, you are likely to produce mood-elevating hormones, healthy neurotransmitters, which will produce a feeling of well-being, a sense of safety, and healthy positive energy. Positive thinking may increase your life span, lower rates of depression, strengthen your immunity, reduce your risk of chronic disease, and increase resistance to hard times and stress.



Our thoughts can nourish or harm us. What we think or believe can actually affect the biochemical makeup of our bodies and immune systems. Negative thoughts and fears, often the result of inner, unresolved conflicts, can change a healthy, alkaline body into an unhealthy, acidic one, creating unhealthy neurotransmitters and stress hormones that can take a toll on our emotional, physical, and mental health.

We make the choice to have an optimistic viewpoint (glass half full) based on an important life lesson from an experience, or a pessimistic viewpoint (glass half empty) based on a negative circumstance alone.

**What are you focusing your time and energy on?**

## HOW TO FILL YOUR CUP

**Develop Positive Self-Talk.** 77% of the self-talk people use is negative, counter-productive and self-defeating. Any time you make a statement about yourself that is negative, you are directing your subconscious mind to believe you are the person you just described. Catch yourself and replace a criticism with a praise and be kind to yourself.

### **Negative Self-Talk**

- There is no way it will work.
- I'm not going to get any better at this.
- I've never done this before, and I won't be good at it.

### **Positive Self-Talk**

- I will try to make it work.
- I am capable and will give it another try.
- I am strong and open to new experiences and challenges.

**Focus on Positive Energy.** We all have a wide range of concerns: our health, our children, problems at work, violence and crime, nuclear war, etc.

*Accept what you are able to control: your behaviour, attitude, and thoughts.*  
*Accept what you cannot control: the past, the behaviour and attitudes of others.*

Try to adjust where needed, live more in the moment, and do your best to let go of fear and anxiety about the future.

**Spread Positive Affirmations.** Be an encourager, for yourself and for others! Before being critical, find reasons for praise and positivity! Nothing feels better than genuine validation, recognition, and encouragement from others. It feels good to make someone else feel good!

*"You (I) may not understand the good in this situation yet, but it is there."*

*"Don't give up! You are (I am) resilient and smart and valued. There is always a way!"*

*"Today is a fresh start with new thoughts and a new reality. It is a bright new day!"*

*"All that you (I) need to get through this will come when you are (I am) ready to receive it."*

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### Points to Ponder for Positivity

#### What are some ways you can support someone that you care about to find the positive aspects of a challenge?

- Validate how they are feeling and allow them to vent, but don't allow them to dwell on negative specifics for too long.
- Provide words of affirmation. Focus on who they are as a valued human being rather than the circumstance itself.
- There is always something to be grateful for. During a challenge, it may be hard for them to find. Be an encourager, find gratitude in the situation, and make it a supportive focus.

#### Is there a little sign or reminder you can give each other to change your way of thinking when you need it most?

- Create a shared Pinterest board that focuses on positive thinking, inspiration, biblical quotes or messages.
- Wear rubber bands. The rubber band technique can control negative thoughts and self-talk. Simply wear a rubber band and snap it on the wrist when you notice an unwanted thought or behaviour, allowing you to redirect your thoughts and reiterate the positive.

#### Are there situations where you can't seem to see a silver lining?

- Dig deeper. It's there – hiding its sparkle.
- What lesson might you or a loved one be able to learn from the experience?

#### Reflect on a time that initially felt half-empty, but turned out to have a positive outcome.

- Invite your friend or loved one to think of another challenging situation from the past. Have them write down their initial half empty thoughts on one side of the page. What was the positive outcome or lesson learned that made the cup half full? Making the connection to the positive that comes out of the negative can provide a new perspective.



Sources: <https://www.playfullearning.net/resource/glass-half-full-power-positive-thinking/>  
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