

POSITIVE THINKING – PROGRESS TAKES PRACTICE

Lunch and Learn Handout & Resources



The Power of Positive Thinking

Is it science or wishful thinking?

Psychoneuroimmunology – the study of the interaction between psychological processes and the nervous and immune systems of the human body. What we think or believe can actually affect the biochemical makeup of our bodies and affect our immune system.

Benefits – Positive thinking has many benefits:

- Psychological and physical health
- Builds coping strategies
- Improves healthy behaviours
- Widens our perspective

Are You Proactive or Reactive?

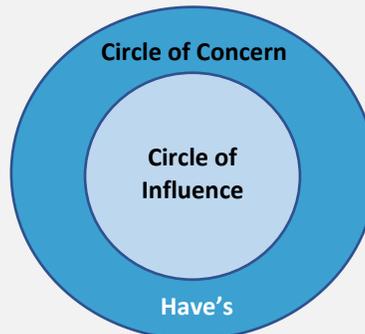
Some of these things we have **no real control** over such as; the past and other people's behaviour.

- Let's call these things our **Circle of Concern**

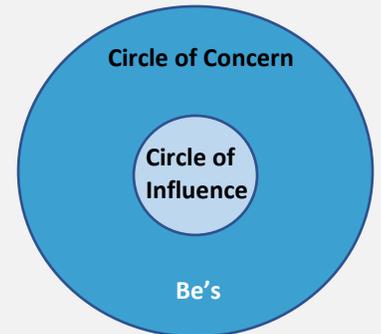
Some of these things we can **do something about** such as; our own behaviour, attitude and thoughts.

- Let's call these things our **Circle of Influence**

PROACTIVE FOCUS



REACTIVE FOCUS



What Keeps Us Stuck?

- **FEAR** – Fear is not a real thing. It is a result of our beliefs.
- **THE PAST** – Learning to change patterns from the past is tough work but worth the effort.

HOW DO WE PROGRESS AS POSITIVE THINKERS?

Our behaviour is a function of our decisions, not our conditions.

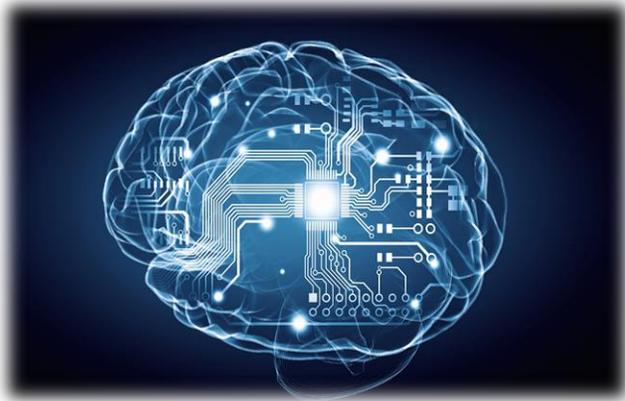
Neuroplasticity “opens up the possibility to reinvent yourself and move away from the status quo or to overcome past traumatic events that evoke anxiety and stress. Hardwired fear-based memories often lead to avoidance behaviors that can hold you back from living your life to the fullest.” (Bergland, 2017)

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WHAT IS NEUROPLASTICITY?

The brain's ability to adapt and create physiological changes through a reorganization of brain structures based on interactions with the environment.



YOU CAN TRAIN YOUR BRAIN!

- Neurons adapt and grow.
- When one cell fires another there is growth, change and a strengthening of relationship between the cells.
- New neural patterns are formed.
- Habits – positive and dysfunction are created by neural patterns.

WE ARE WIRED TO BE NEGATIVE

Negative information has a greater impact on the brain because of the implication of danger. The distress experience outweighs the pleasure experience because of the body's fight or flight response. Train your brain to move in a positive direction with this handy checklist!

- Build your brain by trying/learning new things.
- Develop a positivity focus by recognizing the positives within your day.
- Reduce stress. Stress damages the brain.
- Laughter! Humour can put us in a positive mindset when we need it most.
- Feed your brain nourishing fuel from good fats, protein, and dark leafy greens.
- Make the negative a positive. 3 R's – Rename, Reflect, and Redirect.

BE A POSITIVE INFLUENCE

Start with Yourself -Then Extend it to Others	Be a Positive Influence	Create a Positive Environment
Positive Self-Talk	Attitude of Gratitude	Set a Positive Intention
Positive Affirmations	See Different Perspectives	Speak Positively About Others
Positive Relationships	Compliment Don't Criticize	Share Yourself but Also Create 2-Way Relationships

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