

THE POWER OF POSITIVE THINKING

BE PROACTIVE



The Power of Positive Thinking

Is it science or wishful thinking?

Psychoneuroimmunology is 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 body as well as our immune system.

Positive thinking has many benefits:

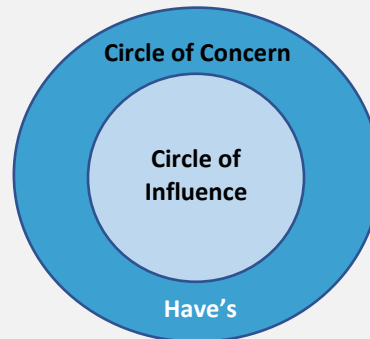
- Improves psychological and physical health
- Builds coping strategies
- Improves healthy behaviours
- Widens our perspective

Are You Proactive or Reactive?

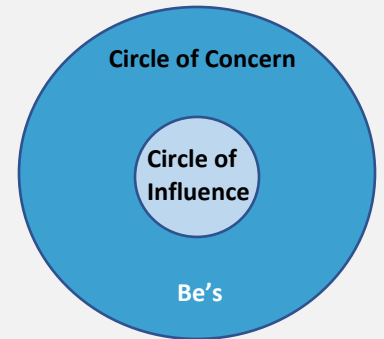
Over some things, like the past or other people's behaviour, we have **no control**. We can call these things our **Circle of Concern**.

We can **do something about** other things such as our own behaviour, attitude, and thoughts. These are our **Circle of Influence**.

PROACTIVE FOCUS



REACTIVE FOCUS



What Keeps us Stuck?

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

Instead of reacting to or worrying about things you cannot control, focus your time and energy on things you *can* control: health, children, problems at work, etc.

This means you change from the **inside out**.

Sources: Covey, S.R. (2004). *The 7 habits of highly effective people: Powerful lessons in personal change*. New York: Free Press.