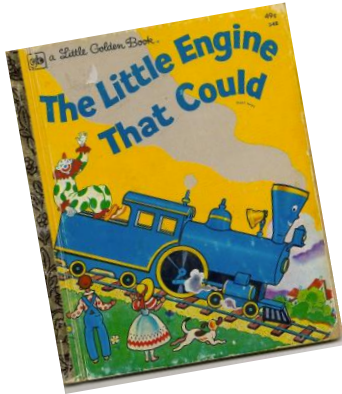


THE POWER OF POSITIVE THINKING

IS IT TRUE?



“I think I can, I think I can ...”

We may have believed this as a kid, but do we now?

As we age and gain life experiences – some which are not so positive – we tend to shift our mindset from the positive to the more negative. It can take effort to “re-learn” what we once knew to be true.

Positive Thinking Defined:

Holding positive expectancies for one’s future.

These positive expectancies = Optimism!

The Power of Positive Thinking and an Optimistic Attitude

Optimism can improve your psychological well-being. Optimistic people routinely maintain a higher level of subjective well-being during times of stress than less optimistic people.



here
comes
the
sun

Optimism can improve your physical well-being. Ever have a loved one suffer from a disease? You’ll recall how difficult it was to stay positive.

Good news! Patients who are more optimistic are less likely than pessimistic patients to suffer from psychological complications. They are also more likely to recover more quickly, resume vigorous exercise, work full-time, and return to their normal lifestyles.

On the Road to Positive Thinking ...

- Think about **how** you can **cope** with stress. What are the direct steps you can take to solve an issue?
- Accept the reality of stressful situations and try to make the best of the bad situations.
- Don’t be a pessimist. Pessimists tend to avoid dealing with problems and quit trying when difficulties arise during stressful events.
- Words of affirmation and positive self-talk can reverse the damaging effects of negative thinking. Build yourself and others up and encourage them.

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