



Tips for More Positive Thinking

Changing the way you think can help you put a more positive spin on what happens in your life. This makes you more productive overall.

- If you are depressed or anxious, think of the opposite. Instead of dwelling on the worst-case scenario, imagine the most unlikely best-case outcome.
- Pick an area in which you are having trouble, and then create or invent new memorable or extremely favorable options to deal with that situation.
- If your confidence and self-esteem are low, imagine scenes in which your confidence is increased.
- Negative thoughts maintain their power unless neutralized by stronger, positive thoughts. With practice, eventually the positive thought will grow and associate with other positive thoughts.
- When you cannot do anything to change a situation, work toward acceptance. Use thoughts like, "I don't really need it."

Keep a list of your most common negative thought habits and a list of positive alternatives for each. Refer to this list whenever negative thoughts arise until you can substitute helpful alternatives from memory or immediately make up new thought alternatives to counter the negative thoughts.

Repeat your affirmations when you are engaged in activities that do not require your full attention, such as:

- Walking
- Cleaning
- Cooking
- Being stuck in traffic

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