

HEALTHFUL HACKS

➔ Benefits of Positive Thinking



Being a positive thinker can have a number of important health benefits. In one study, researchers found that people who had a more optimistic outlook had a lower risk of dying of breast, colorectal and lung cancer, infection, heart disease, stroke and respiratory diseases. Studies show that optimists tend to be both physically and mentally healthier than their more pessimistic coworkers.

➔ Cultivate Optimism



Learning to think positively is like strengthening a muscle; the more you use it, the stronger it will become. How you explain events is linked to whether you are an optimist or a pessimist. Optimists tend to view bad or unfortunate events as incidents outside of their control, while pessimists see such things as more common and often blame themselves. By taking a moment to analyze the event and not blame yourself for things out of your control, you can start to become more optimistic.



HOW TO THINK POSITIVE

For more information, click [HERE](#)

Positive thinking has amazing benefits for one's mind and body! Research suggests that positive thinkers have better coping skills, stronger immunity, and a lower risk of cardiovascular disease. Taking an optimistic view rather than ruminating on negative thoughts can benefit your mental wellbeing. This wellness education will focus on things you can do to learn how to think more positively!

Avoid Negative Self-Talk

Self-talk involves all the things you mentally tell yourself, the inner voice inside your mind that analyzes how you perform and interact with others. If your self-talk centers on negative thoughts, your self-esteem will suffer. Break the pattern of negative self-talk by actively working to change these thoughts when you notice you have them.

Try Humor

It can be tough to stay positive when there is little humor or lightheartedness in your life. Even when you are going through a difficult time, it is important to remain open to laughter and fun. Seeking out sources of humor, such as a funny sitcom or jokes online, can help you think more positive thoughts.

Practice Gratitude

When you find yourself dwelling on negative thoughts or feelings, spend a few minutes writing down a few things in life that make you happy. Research has found that writing down grateful thoughts can help shift your focus to a more optimistic mindset and improve your overall well-being. Consider keeping a gratitude journal where you can regularly write about the things in life that you are grateful for.