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.