

EMPLOYEE ASSISTANCE PROGRAM

ENCOURAGING POSITIVE THINKING

Research has shown that the average person has thousands of thoughts per day, but the majority of these thoughts are negative and repetitive. This human tendency to focus more on negative thoughts than on positive ones is called the negativity bias. It is also the reason we tend to dwell more on unpleasant events than on equally positive ones, and pay more attention to bad news than good news. However, persistent negative thoughts and attitudes can create chronic stress and potentially lead to physical and emotional problems.

It takes self-awareness and practice to counter negative thoughts with positive thinking.

Here are some ways to shift your pattern of thinking:

- When you become aware of negative thoughts and images entering your mind, look for ways to reframe the events in a more positive way. You can also try redirecting your attention to the present moment and doing something that makes you feel happy.
- Practice gratitude daily. Even in difficult times, thinking of what is going right in your life can reduce stress. You can also practice gratitude by showing appreciation toward a co-worker, friend, or loved one for something kind they have done for you.
- Spend time with positive people. You will pay closer attention to the good things in your life and feel more optimistic.

Positive thinking does not mean avoiding every negative thought or emotion, but it will help you manage life's challenges in a more productive way.

