Counselor's Corner
September 1, 2018

Did you know...

A study done by Johns Hopkins researchers revealed that people with a history of heart disease who had an optimistic attitude were one-third less likely to have a heart attack or other cardiovascular episode within 5 to 25 years than individuals with a more negative outlook. It is evident that there is a strong link between positivity and health. Additional research has shown that a positive attitude improves outcomes among several conditions including traumatic brain injury, stroke and brain tumors. This approach of viewing problems as opportunities for growth/learning rather than as negative setbacks dovetails easily with growth mindset in education. We need to learn to think this way ourselves before teaching it to students. Stay tuned for more information on training yourself to think positively in next newsletter.

School Counselors

Listen to Students When They Have a Problem

Benefits of Positive Thinking: Part 1

A growing body of research suggests that optimistic attitude is linked with health benefits. Positive thinking does not indicate denying problems. Thinking positively entails approaching negative situations in a positive, productive manner. Problems are viewed as opportunities to learn instead of as negative events. Positive thinking begins with positive self-talk. If you are thinking negative thoughts, your outlook on life will likely be pessimistic. If you use positive self-talk, your level of optimism will increase. Health benefits associated with positive thinking include:

- Increased life span

- Lower rates of depression

- Better resistance to the common cold

- Better cardiovascular health and reduced risk of death from cardiovascular disease

- Improved coping skills in stressful times

Related websites/sources:

https://www.mayoclinic/healthy-lifestyle/stress-management/in-depth/positive-thinking/

https://hopkinsmedicine.org/health/healthy_aging/healthy_mind/the-power-of-positive-thinking

https://jamesclear.com/positive-thinking

https://wirghtfoundation.org/effects-of-positive-thinking/