



Counselor's Corner

October 1, 2018

Did you know...

It is advised to avoid several pitfalls in thinking that result in negative self-concept and pessimism. One example of this is filtering which is the tendency to focus on the negative aspects of a situation and filter out all positives. This type of cognitive filtering can lead to becoming preoccupied with one negative event in our day so that we discount all the positive things that happened. Another thought pattern to beware of is personalizing. This faulty thinking leads to immediately blaming your-self when something negative happens. Catastrophizing refers to thinking of the worst outcome of any situation. Learn to be aware of these types of and challenge these thoughts every day. It's surprising how many times our own thinking is creating a pessimistic outlook that is robbing our energy and resiliency.



Benefits of Positive Thinking.



Part 2

Benefits of positive thinking are well documented in studies conducted at highly respected institutions of higher learning. The field of Education has grasped this concept as a means of motivating students and increasing learning. If you are not a natural optimist, never fear! It is possible to train your mind to increase positive thinking. There are several methods to practice to boost a positive outlook. Experts recommend these interventions:

- Simply smile more. Studies have shown that smiling reduces heart rate and blood pressure during stressful situations.
- Practice reframing: Instead of stressing about a situation, look at it from another angle to find a positive aspect.
- Seek out positive people. Optimism is contagious.
- Practice positive self-talk. Find positives about yourself and highlight those things instead of fault-finding.



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/>

