

Positive Thinking: Strategies for a Healthier Mind



The psychological theory states, it takes 21 days to form a new habit.

To start forming a new habit- challenge yourself for 21 days. Choose a new challenge every day and document it on the HC360 app.

- Write down 3 things your grateful for
- Journal one positive each day- find the meaning in activities
- Exercise for at least 10 minutes per day
- Meditate for 2 minutes per day- simply breathe, focus and be in the moment
- Follow through with 1 random act of kindness per day

The Benefits of Positive Thinking

A recent study from 2019 at Harvard Health confirmed that positive thinking could result in an 11-15% longer lifespan and increase one's likelihood of living to age 85 or older.

- What we think determines what we believe.
- What we believe determines how we feel.
- The way we feel influences how we are going to act.

The Impacts of Negative Thinking

- Can create chronic stress which can decrease your lifespan
- Upset the body's hormone balance
- Depletes the brain chemicals required for happiness
- Damages the immune system
- Doctors have found that people with high levels of negativity are more likely to suffer from degenerative brain diseases, digestive issues, and have a longer recovery time from sicknesses.

Ways to overcome negativity:

- Become more of a realistic optimist, see the good and bad.
- Be present, avoid thinking about past mistakes or future fears.
- Practice optimism every day, participate in activities that cultivate happy thoughts.
- Use your negative thoughts as motivation, turn those negative statements into action.
- Develop a healthy network of family and friends, negativity is contagious.