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PAVING THE PATH TO POSITIVITY

Embark on a transformative journey to mental well-being with our guide to cultivating positivity.

Positivity is a powerful tool in the quest for mental well-being. It can help you build resilience and find joy during life's ups and downs. In this article, we'll be exploring the power of positive thinking, actionable steps for a more optimistic outlook, how to start a gratitude practice, and empowering mantras for mindset shifts.

WHAT IS POSITIVE THINKING?

Positive thinking isn't forced cheerfulness or a mystical incantation that attracts only good things into your life. It's a mindset that allows you to approach life's challenges with optimism, make the most of obstacles, and see the best in people. It's not avoiding negative situations, feelings or people, but about learning to accept and learn

from them. You could also imagine positive thinking as your personal coach, whispering 'You've got this' when you need it most.

SMALL CHANGES, BIG IMPACT

Positivity is a conscious choice. But it's not always easy to flip a switch from 'the world is out to get me' to being a glass-half-full kind of person. There are ways to cultivate it, though, such as mindfulness practices, expressions of gratitude, and surrounding yourself with uplifting influences. These small changes can have a profound impact on your overall ability to think more positively.

Start by integrating mindfulness practices into your daily routine, grounding yourself in the present moment through simple exercises such as guided meditation or spending a few minutes really noticing the things around you. Read our tips on gratitude below, and create a



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positive environment by deliberately surrounding yourself with uplifting influences, whether in your social circles or your media consumption.

By consistently practising mindfulness and gratitude and curating a positive atmosphere, you fortify your ability to navigate life's challenges with optimism.

ELEVATE POSITIVITY THROUGH CONSCIOUS APPRECIATION

Gratitude is a powerful tool for enhancing positivity. It involves consciously recognising and valuing the blessings in your life. Reflect on the things you're thankful for daily, whether through a gratitude journal or verbally expressing thanks to those around you. The practice of gratitude shifts your perspective from what you don't have to all the things that you do, improving your overall outlook on your life.

CRAFT YOUR PERSONAL SUPERHERO CATCHPHRASE

A mantra is like a superhero catchphrase – something you can repeat to yourself in challenging times that provides comfort, a sense of strength, and hope. It should be short, sweet and uniquely 'you.' Mantras act as mindset shifters, guiding you through challenges. Repeat your mantra daily, incorporating it into journaling or saying it aloud when you feel stuck. Your mantra is the first step to your next positive action.

PRIORITISE YOUR WELL-BEING

Remember to prioritise your mental and physical well-being over the festive season. It's difficult to be positive when you're overwhelmed, stressed or struggling with your mental health.

LHS offers support services to help you navigate this often emotionally draining time. Reach out to us for confidential assistance. Remember, your mental health matters, and we're here to help you build resilience, find joy and embrace a positive outlook on life.

References:

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The information is shared on condition that readers will make their own determination, including seeking advice from a professional. E&OE.



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