

Being positive doesn't necessarily refer to always smiling and looking cheerful it is more about your overall perspective on life. There are many health benefits linked to positive thinking such as better stress management, increased physical health and lower rates of depression. You'll find more benefits to optimistic thinking and how you can maintain this mindset contained here.

TIPS FOR JUNE WELLNESS

Know the Benefits

Having a positive attitude can lead to healthier habits such as regular exercise, avoiding smoking, eating better and getting lots of sleep, which all lead to a longer lifespan. Thoughts and attitudes also have a powerful influence on immunity and optimism can help create a greater resistance to illness. Positive thinkers cope easier with stress than pessimists do, making you more resilient in the face of demanding life situations. Not only will this improvement happen for you, but it may reflect onto the people you surround yourself with.

Practice Positive Thinking

Look into strategies that help you think more positively and practice them regularly. Try to pay attention to the type of thoughts you have each day, especially the negative ones. If there are plenty of them, make an effort to reframe your thought process and look at situations differently. Sometimes tools can help, such as a gratitude journal. This can be a blank notebook or a guided journal with different prompts that encourage you to reflect on the good things existing in your life. This in turn can help you work towards developing a more positive outlook on life.

Beware of Toxic Positivity

Although there are many benefits to positive thinking, there are times where inappropriately applied positivity can become toxic. This occurs when one insists on maintaining a positive mindset in an upsetting, dire or damaging situation. This can lead to miscommunication and feelings of shame, guilt or disappointment. Researchers recommend also using "realistic optimism". This type of thinking is generally positive and focused on realistic expectations. Be aware that inappropriately applied positivity can lead to toxic positivity.