When we talked about positive thinking, it does not necessarily mean that we will eliminate and disregard negative emotions, feelings and sad realities of life. Thinking positive means that you acknowledge the severity of the situation but at the same preserve hope and sees everything as a part of a learning process. An optimistic person sees the good in every situation regardless of the circumstances he expects positive results.

It is very important for us to be able to practice positive thinking, especially in our current situations where there is a continuous spread of virus all over the world causing not just physical damage but also emotional and psychological. Science shows that positive thinking improves mental well-being and minimizes stress, maybe because when we feel at ease our body produces happy hormones that calms our body and helps us to minimize symptoms of depression and other psychological problems.

Maintaining positivity takes practice, it requires time and repetitive actions. Positivity should not be forceful and insincere because if that’s the case it is not healthy and eventually could cause harm. Once our true human emotions are invalidated and denied it can cause more psychological problems. As they say, it is okay not to be okay our emotions are valid. Distress and uncertainties are normal part of life and no one is immune to it.

When negative thoughts came into your mind accept it as it is. Process your emotions and change it to something that can better you as an individual. See the silver lining in every situation and focus on something you may reflect on it. Our thoughts are so powerful that it can control your behavior if you allow it to. That is why, it is very
important to assess your thoughts, are your thoughts giving you power? Can you learn from it? Does it need to be address? Are those thinking healthy for you and the people around you?

They say that people usually repeat behavior that somehow delivers a benefit. You may perform a cost benefit analysis and weight the pros and cons of your thinking patterns. By that you are able to come up with thinking habits that are beneficial for you. Even when it seems impossible to look on the bright side of things, it’s actually all in our control to alter the way we see life. Shifting your mindset to being grateful is really one of the most powerful eye-openers. It may sound too simple to be that real, but you have to practice it in everything you do. If you really set your mind to being grateful, you’ll stop paying attention to annoyances and negative situations.

Start taking responsibility for your thoughts. Take charge of your own mental well-being and do the same to your family. Remember that we take our judgements with us wherever we go, so it really matters, undesirable thoughts can destroy our visions, while optimistic thoughts accompanied with good character can make our dreams come true.

References:

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