

How to Reframe Negative Thinking

Reframing negative thoughts can make a significant, positive change in your mental wellbeing.

Negative thoughts can hinder your ability to function in everyday life when it is habitual. It can seem challenging to reframe negative thinking, but with some straightforward techniques, you can work towards making the positive impact. The goal isn't to never have negative thoughts, but to manage them so they don't overwhelm you.

Steps to reframe negative thoughts:

1

Notice your negative thought

you may not be aware of when a negative thought persists. Reframing negative thoughts starts with learning how to recognize them.

2

Examine the evidence

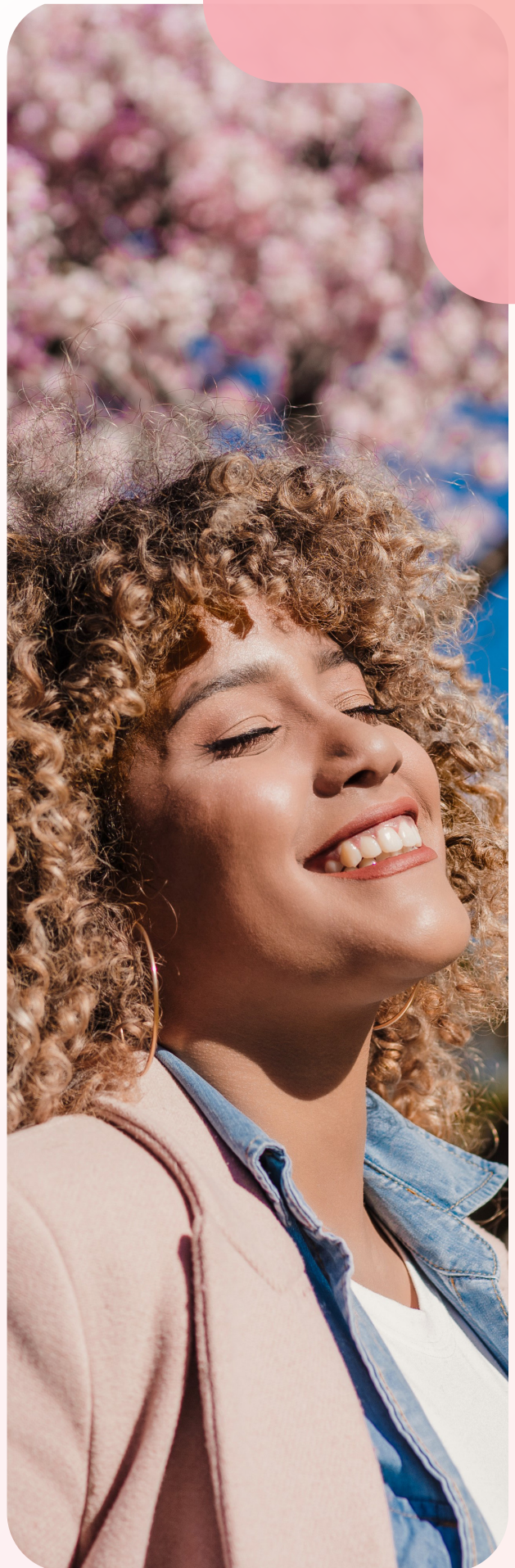
Challenge the negative thought by weighing the evidence of your interpretation of the situation. Often your negative thoughts are based more on feels rather than facts.

3

Positive thoughts

For each negative thought, try to think of a positive counterpart. This will help view the situation in a balanced way instead of only thinking of the negatives.

Incorporating these steps when you have negative thoughts can reduce your stress and anxiety.



Creativity and Mental Health

Using creative energy consistently has been proven to improve your overall health.

Some health benefits include:

1

Increased Happiness: when working on a task, you can enter flow – the state when you are completely absorbed in something and lose all sense of time. It reduces anxiety, decreases your heart rate, and boosts your mood.

2

Reduces Dementia: creative engagement can help people with dementia sharpen their senses and tap back into their personalities.

3

Improves Mental Health: creative acts can focus the mind and release dopamine – the “feel good” hormone. Dopamine plays a role in memory, sleep, mood and concentration.

4

Boosts your Immune System: People who write about experiences daily have increased amount of CD4+ lymphocyte count, which is the key to your immune system.

Ways to boost your creativity:



Draw or paint



Dance or move your body



Spend time outdoors



Sing or play music



Write or tell stories



Outdoor Power

You gain numerous benefits when immersing yourself in nature and taking in the fresh air.

There are countless ways to reap the benefits of fresh air. You can stay active by exercising, enjoying a meal, reading a good book, or spending time with friends.

Some healing benefits of spending time outdoors are:

Improves sleep

Natural light helps regulate your circadian rhythm, giving you better sleep at night

Improves physical health

You can improve your cardiovascular health by simply walking or doing yoga.

Improves mental health

Spending time outside can reduce stress, anxiety, and promote a sense of calmness

Stimulates your immune system

When you're around trees which emit phytoncides. Phytoncides help the body increase the number of natural killer cells which fight off viruses and cancer.

Natural source of Vitamin D

Sunlight exposure is a natural source of Vitamin D which boosts bone health and your immune system



Setting Boundaries: Protecting Your Mental Health

Setting boundaries in both personal and professional relationships is essential for maintaining good mental health.

Boundaries are the invisible lines that define how we interact with others, and when respected, they create a healthy balance between our needs and the needs of those around us.

In personal relationships, boundaries help protect our emotional well-being. When we set clear limits on how we wish to be treated, it prevents others from taking advantage of us or draining our energy. It allows us to prioritize self-care, ensuring we have the time and space to nurture our own needs without feeling guilty.

In the professional world, boundaries are equally crucial. Without them, work can easily spill over into personal time, leading to burnout, stress, and decreased productivity. Setting boundaries with coworkers and managers helps establish a work-life balance, where we can focus on tasks without sacrificing personal well-being. Clear boundaries also prevent workplace drama and ensure mutual respect between colleagues.

In both settings, boundaries foster healthier, more supportive relationships. They create a foundation of mutual respect, allowing for honest communication and reducing feelings of resentment or anxiety. By practicing boundary-setting, we protect our mental health, enhance our emotional resilience, and build stronger, more fulfilling relationships. Ultimately, boundaries empower us to thrive in all aspects of life.



The Impact of Forgiveness on Mental Health



The act of forgiveness can bring you peace of mind and allow you to move forward.

Forgiveness is an intentional decision to release resentment and anger towards a person or situation. It doesn't mean you have to excuse or forget the harm felt, but it brings peace of mind that allows you to continue with life and improve your mental health.

Learning to forgive is a commitment to change. You can work towards forgiveness by recognizing its value and how it can improve your life, acknowledge your emotions about the harm done to you, and release the control that the offending person or situation had in your life.

There can be serious effects to holding a grudge. Struggling to find forgiveness can lead to carrying bitterness and anger to new relationships and experiences and a decline in your mental health.

Forgiveness can help:

- Improve mental health
- Decrease anxiety and hostility
- Lower blood pressure
- Improve self-esteem
- Make healthier relationships
- Fewer symptoms of depression



Loneliness vs Solitude: Finding Strength in Being Alone

Many people use the words solitude and loneliness interchangeably, but there is a world of difference.

Loneliness is an unintentional, perceived state that brings feelings of isolation and emotional discomfort. In contrast, solitude is an intentional, positive state where you spend time in your own company.

Benefits to spending time in solitude:

- 1 Build your self-esteem:** it gives you time to reflect your identity and goals without the input of others.
- 2 Regain perspective:** you understand yourself on a deeper level without worrying about what others think.
- 3 Become more secure in yourself:** when you truly know yourself, you are more likely to carry yourself more confidently and less likely to rethink your identity by others' ideas of what you should be.
- 4 Improve your relationships and interactions with others:** you allow your social battery to reset. When in solitude, you can recognize and regulate your emotions, making you more present when interacting with others.

The practice of solitude can seem daunting if it unfamiliar to you. Have patience with yourself and start slowly. You can set aside a few minutes each day for intentional alone time and build up to longer periods of time. It may feel uncomfortable the first few times, but this is where progress often stems from.

Spending time with others and in solitude both offer different benefits. Finding a good balance is key, and your journey will be unique to you.

Laughing All the Way

Research shows humor can moderate or counteract the effects of mental depletion.

Laughter often occurs when we are with family and friends. It becomes contagious in group settings, spreading quickly among those around us. Laughter has numerous benefits to mental and physical health. It is an effective way to connect with others, think more creatively, and overcome challenges.



Some benefits of laughter are:

1

Relaxes the whole body: a good laugh aids muscle relaxation and stimulating circulation, both helping reduce physical stress symptoms.

2

Helps your immune system: laughing can release neuropeptides, which help regulate the immune system.

3

Improves mental health: laughter can release endorphins leading to a decrease in stress, depression, and anxiety. Endorphins can even temporarily relieve pain.

4

Exercises your heart: laughter increases blood flow and improves the function of blood vessels, which can aid against a heart attack and other cardiovascular issues.

5

Fosters a stronger connection with others: laughing with others keeps relationships exciting and builds stronger emotional bonds.