

## Free Health Services

Every 2<sup>nd</sup> Saturday of the Month

Time: 10:00 AM - 1:30 PM

**\*Last patient accepted at 12:30 PM**

### Offered Health Services

- Health Screening
- Blood Pressure Screening
- Medication Counseling
- Public and Behavioral Health Education
- Dental Consultation
- Seasonal Flu Shots (October and/or November)
- Care from UCSF Providers

### Next Clinic Date:

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## Who We Are

### About Us

The Mabuhay Health Center (MHC) is a volunteer-run organization that provides free health care resources to the people of San Francisco. Our main service is a free community health clinic that operates in San Francisco's South of Market (SoMa) district at the Bayanihan Community Center.

### Contact Us

(415) 633-6421

[info@mabuhayhealthcenter.org](mailto:info@mabuhayhealthcenter.org)

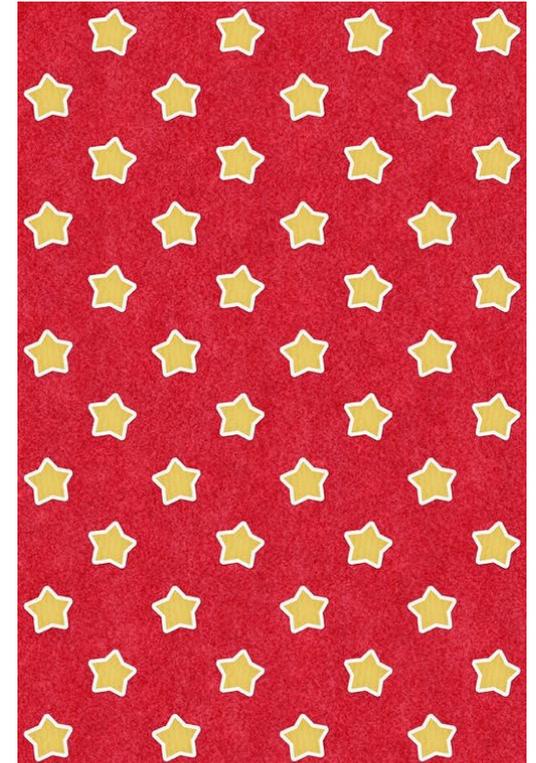
[www.mabuhayhealthcenter.org](http://www.mabuhayhealthcenter.org)



**Mabuhay Health Center**

1010 Mission Street

San Francisco, CA 94103



# Toxic Positivity

*MHC Behavioral Health*



## Overview of Toxic Positivity

Have you ever seen the phrase “good vibes only” or been told to “think happy thoughts?” While positive thinking works most of the time, it is not realistic to expect to be happy 100% of the time. It is completely natural to feel sadness, anger, and other negative feelings. Toxic positivity, which is rejecting, denying, or minimizing negative or uncomfortable emotions, can also be unhealthy.

## What Does Toxic Positivity Look Like?

1. **It rejects honesty.** Toxic positivity emphasizes optimism in the face of reality. It is important to recognize flaws so problems can be addressed instead of ignored.
2. **It keeps people at a distance.** True trust in relationships involves showing people your flaws, which a forced positive outlook may not allow.
3. **It invalidates all negative emotions.** Toxic positivity labels all negative emotions as “bad” even though having and expressing these feelings is both natural and healthy.

*“[Other emotions] may be more or less pleasant, we may like experiencing some more than others, and yet they all have value.”*

*--Dr. Heather Fulton, Psychologist at the Burnaby Centre for Mental Health and Addiction*

## Emotional Acceptance

Accepting all emotions, whether they be positive or negative, is necessary to maintain balance and develop coping mechanisms that allow us to address these feelings. Here are some healthy ways to put that into practice:

- Learn about yourself
- Re-frame the situation
- Social support
- Practice gratitude
- Respond, don't react
- Know when to take a break

## Some Helpful Resources

The Friendship Line/Warmline  
(800) 971-0016

*24/7 Crisis Intervention and Non-Emergency Emotional Support Calls*

## Reframing and Practicing Gratitude

Reframing situations so that you come off as grateful helps to avoid assigning any self-blame. Saying “Thank you” instead of “I’m sorry,” for example, maintains your dignity and builds up your confidence.

**Instead of saying:** “I’m sorry for being such a burden.”

**Try using:** “Thank you for spending time with me.”