



5 Ways to Drive Away Negative Thinking

How you view yourself impacts your thoughts and actions. A negative mindset can send you down a spiral that has no good outcome.

What you need are clear steps to keep those negative thoughts from clouding your vision and getting in the way of you achieving your goals.

#1: Admit you have a problem. It can be really tough to do self-reflection on this topic, because we often don't pay attention to our own words or body language. One helpful way to gauge your level of self-defeatist attitude and negativity is to create a chart with two sides. On one side, write down all your positive thoughts that day. On the other, write down all your negative thoughts. You'll be amazed by how much negativity the average person keeps in their head.

#2: Exercise. Getting your body moving is great for changing your mood and your thoughts. You don't have to run a marathon or swim across the English Channel to make that kind of change...you can just step up, take a walk, do yoga stretches, or dance. Try turning on your favorite music and moving and grooving for a few minutes; see if you're feeling negative afterward.

#3: Practice Gratitude. If making a list of your thoughts is the first step to recognizing your negativity problem, building a positive list could be the first step toward solving it. Make a list of all the things you're grateful for. Having trouble coming up with a list? How about your basic health (breath, pulse, sight, etc.) or your animal that greets you each day? We often take these things for granted. Once you start writing your list out, you will find that it snowballs and fills your mind with positivity.

#4: Talk about it. Find a friend, family member, life coach, or therapist to listen to your problems without judgement, and without recommendation (unless of course you want it). You could also pray, journal, or craft to help you manage your emotions. Once they're out there, you'll find yourself released of negative thinking.

#5: Change your language. Listen to the vocabulary and phrases you use regularly. Eliminate negative phrases and words from your everyday speech, and watch your thoughts change as well. You should also take note of your body language and posture. Avoid slouching, and above all, smile!