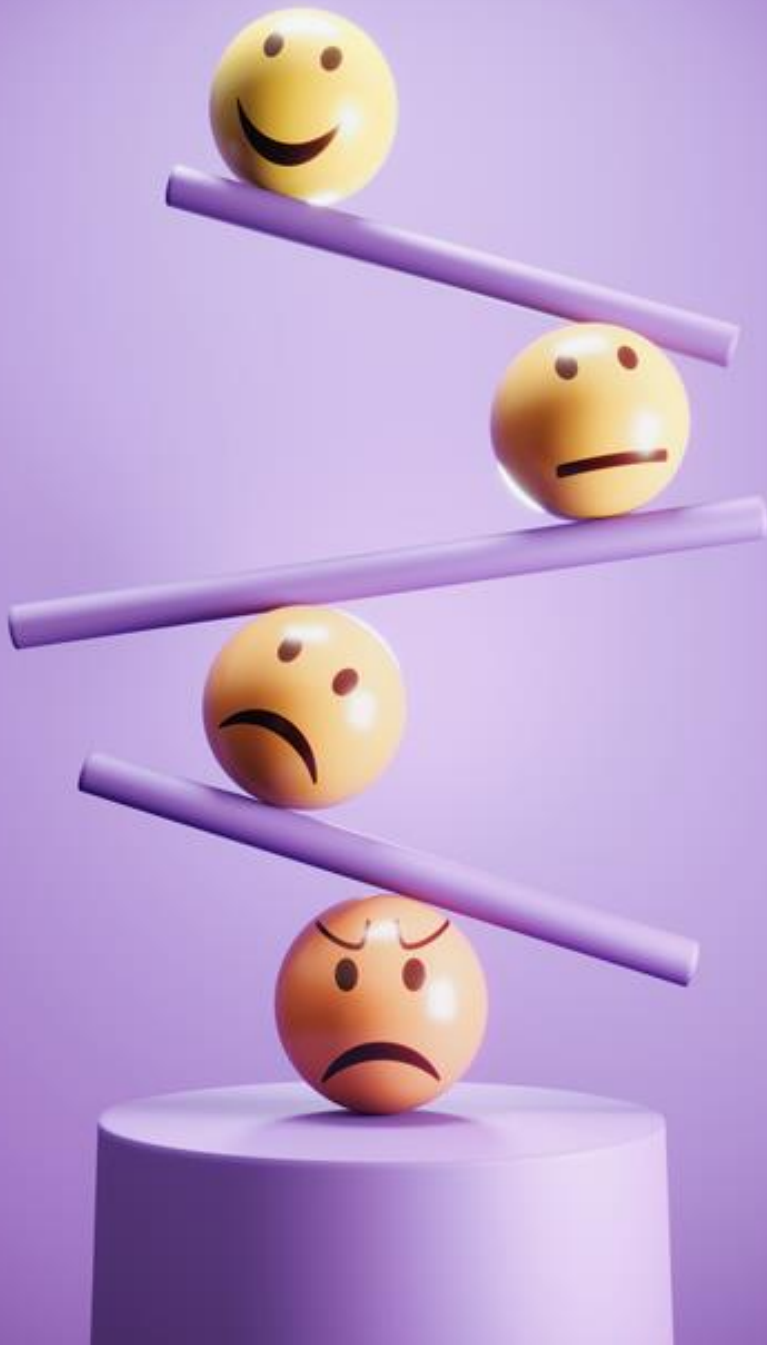




The Power of Positive Thinking

Presented By | HealthCheck360





AGENDA

The Positives of Positivity

The Negatives of Negativity

Cognitive Distortion

How to incorporate positive thinking into your life





WHY BE POSITIVE?

Benefits of being positive

- Better quality of life
- Higher energy levels
- Faster recovery from injury or illness
 - Fewer colds
- Better stress management and coping skills
- Longer life span
- Lower risk of heart disease
- Higher work performance

People can change!





NEGATIVE THINKING SIDE EFFECTS

Negative thinking and emotions

- May lead to depression and anxiety
- Trigger stress hormone release
- Affect our metabolism
- Affect our immune function

Symptoms

- Headache
- Body aches
- Nausea
- Fatigue
- Difficulty sleeping

Higher risk of

- Heart disease
- Heart attack
- Stroke
- Dementia



HOW TO THINK POSITIVE

Identify your cognitive distortions

- Polarization
- Overgeneralization
- Catastrophizing
 - Minimizing
 - Mental filtering
- Personalization
- Mind Reading
- Should Statements

~~IMPOSSIBLE~~

~~UNABLE~~

~~UNSOLVABLE~~

~~UNDOABLE~~





HOW TO THINK POSITIVE

Identify a positive

- Positive self-talk

Attitude of Gratitude

- Gratitude Journal

****It's not about ignoring hard times;
it's about helping ourselves through
them**



HOW TO THINK POSITIVE

Smile and laugh!

Laughter IS stress management:

- It relaxes our body
- It boosts immune system
- It releases endorphins
- It helps our heart
- It improves mood
- It shifts perspective

Be mindful of social media and news



HOW TO THINK POSITIVE

Identify areas to change

Practice healthy habits

- Nutrition
- Exercise
- Sleep
- Stress Management

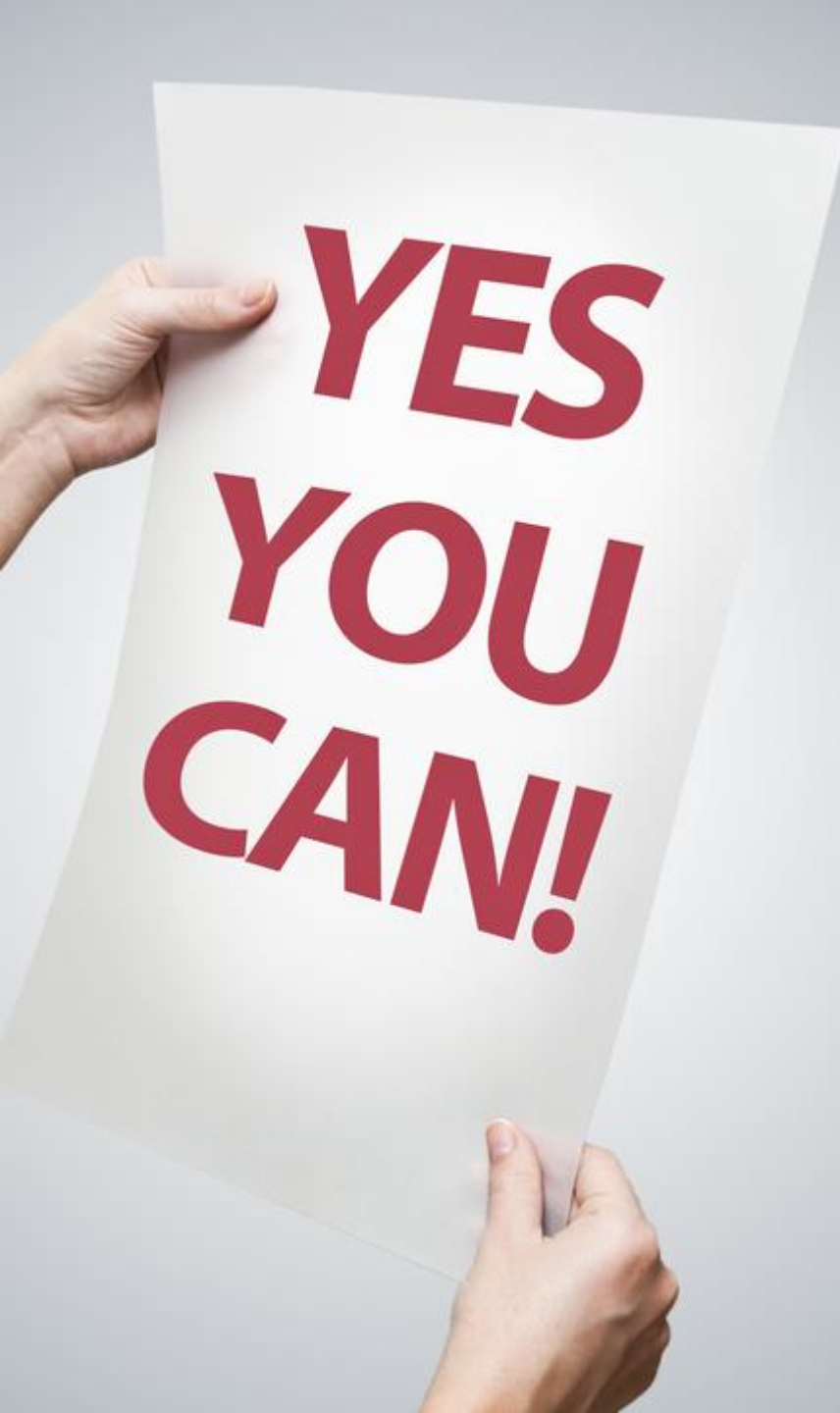
Get Outdoors

Surround yourself with positive people

Be kind

Check yourself





SUMMARY

Treat yourself like you would a friend in need.

Pick one small step you can take today and build on that.

Practice, practice, practice!

Don't take yourself too seriously!



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LIFESTYLE REWARDS

1. True or False: You have to be positive all the time to practice positivity
 - a. True
 - b. False
2. What was one of the cognitive distortions mentioned?
 - a. Polarization
 - b. Maximizing
3. How does laughter improve our health?
 - a. It increases blood pressure
 - b. It relaxes our body

****If your company has elected questions for lifestyle rewards, it will be noted when you submit on your myhealthcheck360 account.****



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