

Negative to positive

Keep your mind and mood on the bright side

Life isn't always easy, but focusing on the positive will help reframe your approach to less-than-perfect situations.

AVOID THIS	EMBRACE THIS
Negative automatic thinking If your automatic thinking (thoughts that come to you fast and frequently, almost unconsciously) is mostly negative, your internal and external world will tend to be gloomy.	Turn a negative thought positive Instead of saying to yourself, "I can't do anything right," reframe this thought to "I gave it my best shot. I'll try again tomorrow." Train your automatic thinking to become upbeat and affirming.
Comparing yourself or your situation to others This is a sure-fire path to dissatisfaction. Remember: Your friends' social media posts are the highlights, not the blooper reel.	Take note of what you do have Health? Family? A place to live? Food in the fridge? Friends? Pets? If you have any of these things, focus on enjoying them.
Focusing inward If you spend too much time focusing on yourself and your problems, you may feel isolated.	Look outward Take some time to focus on others. Lend an ear to a friend who needs to talk or lend a hand to a neighbor who needs help with a task. Paying it forward can boost your mood in a jiffy.
Letting problems choke your gratitude It's exhausting to work all day and run a household. The sink is full of dirty dishes and the laundry is always piling up.	Flip the bummer to a blessing Take the "two sides to every coin" approach. Dirty dishes mean you have food to eat. Loads of laundry mean you have clothes to wear, towels for bathing and sheets for a bed.
Setting unrealistic expectations Are you frequently disappointed when reality doesn't match what you had imagined?	Rightsize your dreams Setting stretch goals and dreaming big are inspiring. But be sure to also include achievable milestones in your plans for a smile-inducing sense of accomplishment.
Venting frustrations at random It's human to want to kick and scream about an unfair situation.	Put problems to paper Writing down upsetting feelings can serve as a relief valve as you express thoughts in a healthy way... and prevents you from saying something you'll regret.

Learn more at [BSWHealth.com/Benefits/Well-being](https://www.bswhealth.com/benefits/well-being)