



The power of positive attitude

“The mind is everything. What you think you become”.-Buddha

It is said that your thoughts are controlled by your mind but it is not actually true rather if you wish you can have total control of thoughts. Many famous personalities have proved that you can create your own thoughts and mind has to accept it. Our thoughts have a direct correlation with how we perceive the world. Positive thoughts can provide you inner strength, can inspire others, and can help you deal with difficult and challenging situations in life.

It helps you cope more easily with the daily affairs of life. It brings optimism into your life, and makes it easier to avoid worries and negative thinking. You see the bright side of life, become optimistic, and expect the best to happen

When positive thoughts are generated, when you're feeling happy, or optimistic, cortisol decreases and the brain produces serotonin, creating a feeling of well-being. When serotonin levels are normal, one feels happy, calmer, less anxious, more focused and more emotionally stable (Scaccia, 2017).

Now major question arises that how shall we do it. Herewith I am sharing few ways to curb your negative thoughts and allow more positive thoughts to your mind.

- Every time you come across a negative situation substitute it with positive one. It is not so easy. Because when we are trapped with negative thoughts, these thoughts are so powerful that it does not provide any scope to think positive. So best way is make lots of positive visuals around you. Like on your mobile screen, n walls, on fridge magnet, on laptop screen and many more such places. These visuals will act as a reminder to your mind to think in a positive mode.
- Once you train you mind to think positive, try to see and understand the positive side of each situation. As it is just the matter of perception. Failure is not actually an end but an indication to start for a new beginning. Cultivating this perception will provide you to see the brighter side of the situation and will motivate you to move ahead.
- There are many people in our life who just step in our life to realize your strength. At least once a day, take a moment and think of 5 things you are grateful for.... When you practice gratitude you create more events in life to be grateful for.

There are end numbers of benefits when you introduce positivity to your mind. Try and you will have end number of opportunities for your success and personal growth.

With best wishes,
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