

# Positive Thinking

Controlling your thinking involves developing awareness and taking intentional steps to manage your thoughts in a constructive and helpful way. Here are some strategies to help you gain control over your thinking:

**Practice mindfulness:** Mindfulness involves observing your thoughts without judgment and bringing your attention to the present moment. It helps you become aware of negative or unhelpful thought patterns. Regular mindfulness meditation or exercises can strengthen your ability to redirect your thoughts.

**Challenge negative thoughts:** Recognize negative or self-defeating thoughts and challenge their validity. Ask yourself if there is evidence to support or refute those thoughts. Replace negative thoughts with more realistic and positive alternatives.

**Reframe perspectives:** Look for alternative perspectives or interpretations of situations. Consider if

there are different ways to view a situation that may be more empowering or optimistic. Reframing can help shift your thinking towards a more positive and productive mindset.

**Practice gratitude:** Focus on cultivating gratitude by consciously acknowledging and appreciating the positive aspects of your life. This helps counterbalance negative thinking and promotes a more positive outlook.



**Set goals and visualize success:** Set clear, realistic goals and visualize yourself achieving them. This can help shift your thinking towards problem-solving and taking positive actions rather than getting stuck in negative thought patterns.

**Limit exposure to negativity:** Be mindful of the content you consume, including news, social media, and conversations. Limit exposure to negativity and surround yourself with positive influences that support your well-being.

**Self-care:** Take care of your physical and emotional well-being. Engage in activities that bring you joy, practice self-care, exercise regularly, and ensure you get sufficient rest. Physical well-being can positively impact your thinking patterns.

**Seek support:** Reach out to trusted friends, family, or professionals when you need support. Sharing your thoughts and concerns with others can provide perspective, guidance, and reassurance.



**Self-care. Connect**  
Contact your EAP at  
1-877-747-1200