

# Maintaining positive thoughts

- We can all have negative thoughts. Whether we choose to believe them or not will impact on how we feel about ourselves. Choose your thoughts well
- Negative thoughts can be a learned belief and therefore they can be unlearned
- The more energy you give to negative thoughts the more powerful they become
- Conversely the more energy you give to positive thoughts the more powerful they become
- Challenge any negative thoughts as soon as they appear and replace them with a positive thought
- Make a list of positive statements about yourself that you can repeat to yourself on a regular basis e.g. 10- 20 times a day! Does that sound too much?
- If it does sound too much, think about how many times you talk negatively about yourself – it is likely to be much more than 20 times a day
- It may feel alien at first to repeat positive statements about yourself however persistence is important. It is possible with conscious effort to change our thoughts

**“The difference between can and cannot are only 3 letters. 3 letters that determine your life’s direction”**

*Remez Sasson*

## Useful websites

[www.mindtools.com/pages/article/newTCS\\_06.htm](http://www.mindtools.com/pages/article/newTCS_06.htm)

[www.successconsciousness.com/index\\_000009.htm](http://www.successconsciousness.com/index_000009.htm)

[www.vitalaffirmations.com](http://www.vitalaffirmations.com)

[www.positive-attitude-tips.com](http://www.positive-attitude-tips.com)

 **Think Right!**  
Wise up to Mental Well Being



The Think Right Project, run by Hunts Mind commenced in May 2011, and is funded by Comic Relief for 3 years. The overall aim of the project is to provide a range of mental health promotion and campaigning activities across Huntingdonshire to combat the stigma and discrimination related to mental health challenges.

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Hunts Mind



For better  
mental health