

Positive Mindset - 7 simple ways to eliminate negative thoughts

1. When things go wrong ask yourself...What's good about this?

Our first reaction is often NOTHING! An exam or test result is not as good as expected. How do you turn this situation around? Perhaps you could have been better prepared, or modified your study techniques. Perhaps introduce a new behaviour and make a commitment to improving results next test or term.

2. When you are feeling sad or irritated...Get into nature.

It is true that 'when life hurts, nature heals'. Leave your phone at home and go for a walk or a run. Walk along the beach and watch the waves of the ocean. Put air and space around you at an oval.

3. When you feel like complaining...Don't.

What you focus on grows. The more whinging and complaining, the more your head is filled with unhappy and unpleasant thoughts. Think positively.

4. When you are feeling overwhelmed...Get rid of the junk.

Psychological tests have proven that stress is often connected to clutter. Check your environment. Start sorting through or clearing off that pile of papers on your desk, or clean out one drawer in your room at a time. The universe rewards momentum.

5. When negative people are driving you nuts...Give yourself a break.

Who you hang out with is who you become. Set an example to negative people by living passionately and positively.

6. When you lack confidence...Picture your success.

Picture your story. What are you like when you are at your best? Talk positively to yourself before doing that presentation. Instead of saying negative things to yourself like 'don't be nervous', 'don't forget your points' - see yourself succeeding. Say to yourself "I've got this!". What you think about you bring about.

7. Anytime...exercise.

As the Nike slogan states - Just do it! Movement produces happy chemicals in the brain.