

A weekly resource  
for your well-being

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# A TIP FOR TENNESSEANS

March 28, 2017

## Attitude Adjustment

Have you ever caught yourself saying things like: “I’ll never be good at this,” or, “I can’t do this”? Experts say that negative thinking like this can become a habit. Keeping a positive mindset even when things aren’t going your way can help you better handle everyday stress, boost your well-being and stay healthy.<sup>1</sup>

## Practice makes positive

Positive thinking doesn’t mean pretending life is perfect. It means choosing to address less-than-perfect times in the best way possible. If you tend to see more clouds than sun sometimes, these steps can help you tweak your attitude:

- **Give your brain a leg up.** Developing a positive attitude is easier with exercise. Being active can help you think more clearly and feel in control.
- **Get help from friends.** Encourage your friends to practice positive attitudes too. Avoiding negative talk from others can help you move forward.
- **Stop and think.** Identify topics that bring negative thoughts into your mind. Each time you think or talk about that topic, check your attitude. Instead of thinking what could go wrong, focus on what could go right.
- **Be your own cheerleader.** Give yourself a break and plenty of pep talks. If a negative thought enters your mind, reframe it and keep going. Here are some typical negative thoughts and positive ones you can use instead:



Positive thinking can help you become happier and feel more productive. It’s also good for your overall health. But, if you’re finding it difficult to see life in a positive light, we’re here to help. Call 855-Here4TN (855-437-3486) or visit [www.Here4TN.com](http://www.Here4TN.com) today.



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**Instead of saying... Try saying...**

- I'm not smart enough
- This won't work
- I don't know how
- This is too hard
- I'll never be good at this
- I can learn something new
- I'm going to see what happens
- I will find out how
- I'm going to look for another way
- The more I practice, the better I'll get



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You can realize your best health and well-being when given the proper support. Healthways meets you where you are and takes you where you want to go, creating better health and well-being for a better you. 

References:

<sup>1</sup> "Harness the Power of Positive Thinking...For Your Health!" Cleveland Clinic, Web. 15 February 2017 | "Positive Thinking: Stop Negative Self Talk to Reduce Stress." Mayo Clinic, 18 February 2017. Web. 20 February 2017.

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