

Top Tips

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_05.htm

www.successconsciousness.com/index_000009.htm

www.vitalaffirmations.com

www.positive-attitude-tips.com

www.livinglifetothefull.co.uk

www.mind.org.uk

Mind in Cambridgeshire is a dynamic, countywide charity that supports local people in their recovery from mental health challenges; promotes wellbeing and campaigns on mental health related issues.

We believe that everyone who is affected by mental ill health should have ready access to the support they need to recover – free from stigma and discrimination.

Mind in Cambridgeshire would like to thank Comic Relief for their support in developing the Top Tips.



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