

Positive thinking

Positive thinking sounds a bit like it might be 'easier said than done', especially when we're going through a tricky situation. However, it can actually just mean treating yourself with the same level of compassion and kindness that you extend to other people.

We are often told that it's important to empathise with other people, but it actually takes a lot of skill and practice to empathise with ourselves as well. Sometimes, if we don't like what we see in the mirror or we feel that we should have been more productive or behaved differently in a certain situation, we think things about ourselves that we wouldn't dream of saying to a friend or loved one, such as 'you're not good enough'. Even if you make a mistake that you wouldn't usually make, which may feel disappointing, it can really help to rephrase the way you think about that, such as changing thoughts like 'I'm a failure' to 'I know I can do better than this.'

The NHS have developed their Positive Thinking app for over 18's and there are podcasts which offer advice on using positive thinking to help manage your wellbeing.