

# WELL-BEING *with Heart* by the Chevalier College Counsellors: Sarah Mangelsdorf and Felicity Webster

## POSITIVE THINKING

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The way we think influences the way we feel and behave.  
We can improve our experience of the world by improving the way we think about it.



### FIVE TIPS FOR POSITIVE THINKING

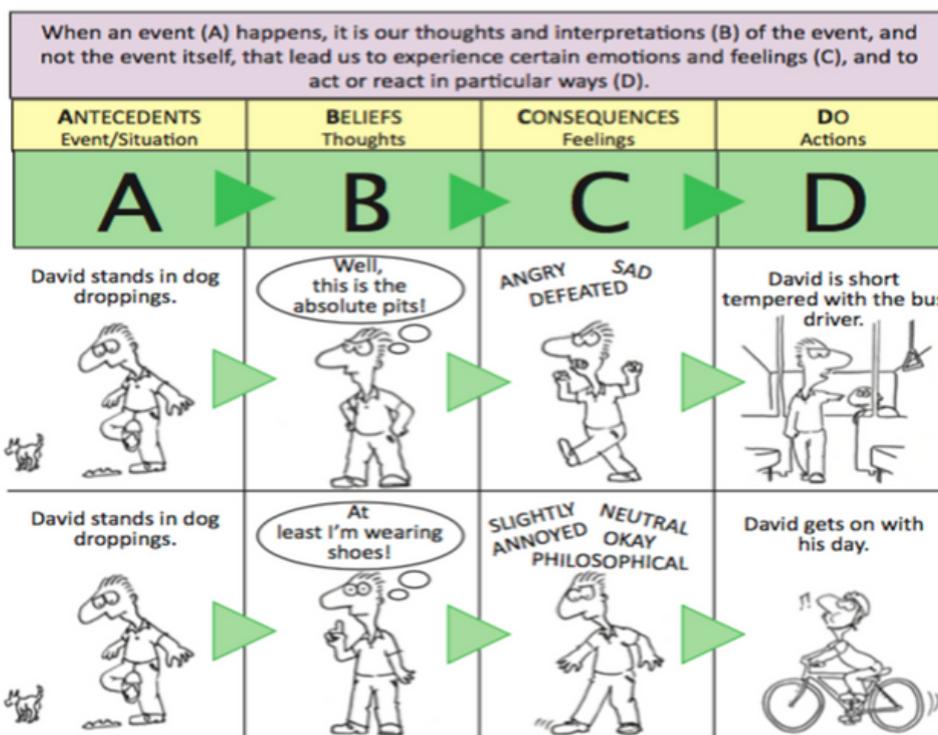
#### 1. HELPFUL THINKING

Identify and challenge unhelpful thoughts. Ask yourself:

- Is it really as bad as my thought is trying to tell me? Am I getting ahead of myself and making assumptions? Am I overestimating how bad it could be?
- What is the evidence / is there another way to look at it?
- Am I underestimating my ability to cope, even if the worst-case scenario occurs?

Practise changing unhelpful thoughts to be more realistic or balanced, and therefore more helpful.

Here's a graphic showing how this works:



# FIVE TIPS FOR POSITIVE THINKING continued...

## 2. MINDFULNESS

Practise mindfulness to help yourself take a break and **focus on the present moment**. Free apps like SmilingMind and InsightTimer are helpful.



## 3. PRACTISE GRATITUDE

Practising gratitude means paying attention to what we are thankful for, and expressing acknowledgement and appreciation for that thing / person / opportunity etc.

Try listing **three things that you are grateful for** each day as you brush your teeth before bed (bonus points if you write these down).

Watch [this YouTube link](#) for more information on the benefits of practising gratitude.

## 4. UTILISE A GROWTH MINDSET

Focus on the **effort** you put into a task, **rather than the outcome**. Aim to improve your previous performance (a new PB) or to learn something new. Choose to see your mistakes and errors as feedback opportunities that you can learn from and use to improve future performance. Work hard at something to see just how much you can achieve when you have a go and put in effort, rather than just aiming for a particular grade.



## 5. USE HUMOUR

Find the funny in life – even challenging situations often have a silver lining. Access your sense of humour to hold less tightly to the seriousness of the world.

