



How to Think Positively in Tough Times

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Sometimes it's hard to look on the bright side even when things are going fairly well. When you're going through tough times, gaining the "*glass is half full*" mentality can be a feat in itself!

Don't Get Overwhelmed

When you're in the middle of a stressful situation, it's important to disallow over-anxious and over-analyzed thoughts. You *really* don't want to overwhelm yourself with an over-stimulated mind because the added stress will only strain your mind further and you'll find it nearly impossible to think positively.

Ways To Look On The Bright Side

How you go about transforming difficult situations into positive outcomes will differ each time. Your goal should be to ***discover a set of strategies that works well for you.*** It might take some experimenting, but that's okay!

Consider the following ways to achieve a positive mindset:

- 1. Avoid feeling sorry for yourself.** Feeling sorry for yourself only wastes precious brainpower and it's not going to help you out in the long run. Instead, ***strive to gain the wisdom to accept your situation and focus on solutions, instead of sorrow or worry.*** Everyone has to travel through tough times at some point; it's just a part of life!
- 2. Find the life lesson.** It may be hard to find the silver lining, but it's almost always hiding somewhere. All of your experiences - both good and bad - contribute to your life's knowledge. Be thankful for what you know!

- Reflect on the fact that you've gained wisdom and knowledge that may help you make better decisions and cope well in the future.
3. **Start small.** Take some time to reflect on the difficult situation. If you're having trouble finding a positive manner of thinking, just ***start by smiling at yourself in the mirror.*** You might not feel happy right away, but it sure will be hard *not* to feel happy when you see a beautiful smiling face staring back at you!
 - You can also consider the use of positive affirmations to help you through tough times. The more frequently you repeat your affirmations, the sooner you'll ingrain the positive beliefs into your subconscious.
 4. **Stop worrying.** When you're going through a tough situation, sometimes your worries can overtake you. The future might seem scary and bleak and you're not sure what you should do. As you know, worrying isn't going to help the situation in the least. Instead, the moment worry creeps in, redirect your mind onto something positive or reassuring.
 - Stay calm and start brainstorming some practical solutions.
 5. **Be brave about change.** Change is inevitable and most often you don't even notice that it's happening. During tough times, however, you're likely more sensitive to the changes that are taking place.
 - ***Think about change as an exciting adventure.*** You'll never know what you can discover and learn until you're open to change.

Help From Others

When you're going through a tough time, your instincts might be to pull inward. Perhaps you don't want people to see you in a vulnerable state or you want to solve your problems all on your own. However, ***you must resist this urge to shut people out!*** Remember, you're never alone. Your family and loved ones are always there to help you get through any challenging situation, but only if you allow them to!

Of course, your loved ones may not be able to solve your problem outright, but they can provide you with a fantastic support system and help you brainstorm different avenues for problem solving.

As hard as it may seem now, it *is* possible for you to think positively when you're enduring tough times. Use these simple positive thinking strategies to help you change your mindset quicker than you ever thought possible!