

The Power Of Thought

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Positive Thinking

Whether it be turning to our sad playlist on Spotify, or going out for a walk at an inconvenient time, we all have some sort of coping mechanism ingrained in our routines or minds. Some turn to smoking and vaping-- coping habits that cause harm and little good.

No matter the day or age, there are many ways we try to distract or alleviate stressors. Life is fast paced and easy to lose yourself in, so let's talk about coping and positive thinking.



One simple and important place to start is to figure out healthy coping mechanisms that work for you. Doing this can help raise your self-awareness and help you identify what to do when you are stressed. For example, when I am stressed out, I usually make myself a hot cup of tea. I imagine the hot liquid filling my body with warmth and dispelling any worries that plague my mind.

Even the simplest phrase, such as "I will try", can change your actions for the better.

YOU'VE DEFINITELY HEARD IT MANY TIMES, ESPECIALLY FROM SCHOOLS. HAVING A GROWTH MINDSET, WHERE YOU ACCEPT WHERE YOU ARE IN THE MOMENT AND THE FACT THAT YOU CAN IMPROVE TO REACH YOUR GOALS, CAN CREATE A HEALTHY ENVIRONMENT TO BLOSSOM.

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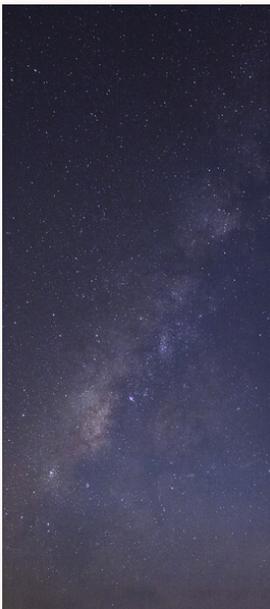


"Keeping yourself healthy and safe can ensure the opportunity of another chance to make tomorrow better."

It's important to take care of yourself, and although I am no doctor, I recognize that.

How does this tie into positive thought? By changing our outlook on the situation, we are able to create peace of mind to help us think through our decisions through.

ACTIVITIES THAT ARE CALMING SUCH AS TAKING A WALK, GOING OUTSIDE INTO NATURE, OR WATCHING HEARTWARMING MOVIES CAN HELP INVOKE POSITIVE THOUGHT AS WELL AS CLEANSING THE BODY AND MIND.



Problem-Focused Coping

Besides positive coping mechanisms, there is also problem-focused coping. This involves creating strategies to eliminate the stressors that affect your daily life.

An example would be studying for your driver's education before you take the written exams.

Your anxiety or frustrations in this situation lie with the exam, but by studying and being prepared, you are reassuring yourself of a passing grade, therefore minimising the stress-causer (the test).

If you are able to change your perception on a certain issue, then you are able to mold your next steps towards something in your favour. By imagining a positive outcome, realising that you are capable of improving, or problem solving, it is possible to overcome stressors without having to do harm to oneself or others.

For example, maybe you got a bad grade on the driver's written exam test you worked really hard on studying. You may have been nervous, too stuck in your head, or tired that day. Sometimes, circumstances outside of our control can lead us towards outcomes we don't expect or want. When that happens, we have to keep in mind that although we may fail or do badly on something, we can still grow.



NOTHING IS PERMANENT, SUCH AS THAT BAD GRADE, AS LONG AS YOU ARE ABLE TO KEEP IN MIND THAT YOU ARE CAPABLE AND ABLE TO GROW FROM PAST EXPERIENCES. YOU CAN ALWAYS RESCHEDULE ANOTHER WRITTEN EXAM!



Coping mechanisms can be voluntary, meaning, we are capable of creating positive results through our own choices and options we seek.

Whether it be choosing to paint out our feelings, draw, do puzzles, or go for a walk, keeping in mind that we are in control of our situation can impact our ways of thought.

From there, we are able to have a better outlook on life. Instead of thinking 'this {the test} is too hard, I can't do it', we are able to say, 'I can't do it now, but if I try again, I can get a better grade'.

Sources:

J. Thompson, In Encyclopedia of Stress (2007)

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