

October EAP NOTES: Tapping into the Power of Positivity!



It appears the human mind is not capable of NOT THINKING, at least on the subconscious level. Our mind is always occupied by thoughts, whether we want to or not, and they influence our every action. As kids, our thoughts are almost purely positive. Have you ever been around a 4-year old who doesn't like a painting he or she drew?

However, as the years go by, we clutter our mind with doubts, fears and self-deprecating thoughts. Just imagine then, how much we limit ourselves in every aspect of our lives if we give negative thoughts too much power!

- We'll never go after that job we've always wanted because our nay-saying thoughts make us doubt our abilities.
- We'll never lose those pounds that risk our health because we believe we're not capable of pushing our limits.
- And we'll never be able to fully see our inner potential because we simply don't dare to question the voices in our head...

It's time to stop these limiting beliefs and come to a place of sanity, love and excitement about life, work and ourselves. So, how can we tap into the power of positivity? It's not as hard as it may seem; you just have to practice, practice, practice.

Here are 4 simple yet powerful ideas on how you can get started.

- 1. Learn to substitute every negative thought with a positive one.** It's just like someone writes a phrase you don't like on a blackboard and then you get up, erase it and write something much more to your liking.
- 2. See the positive side of every situation**, even when negativity is everywhere around you. You can find positivity in everything by mentally holding on to something positive, whether this be family, friends, your faith, nature, someone's sparkling eyes or whatever other glimmer of beauty. If you seek it, you will find it.
- 3. Take a moment every day to think of 5 things you are grateful for.** This will lighten your mood and give you some perspective of what really is important in life and how many blessings surround you already.
- 4. Change the mental images you allow to enter your mind.** How you see yourself and your surroundings make a huge difference to your thinking. Instead of dwelling on dark, negative thoughts, consciously build and focus on positive, light and colorful images, thoughts and situations in your mind a few times a day.

If you are struggling to keep your spirits up during COVID. Counselors are available through EAP. It's confidential and FREE! Call the **COVID Counseling helpline 800-801-4182**, or **402-354-8000** or email eap@bestcareeap.org to schedule an appointment.