

#LIFEHACKS

# How to practice positive thinking

Our thoughts have a significant impact on our actions and overall life choices. The sad reality, however, is the fact that we live in a world surrounded by negativity. Although that is the case, the practice of positive thinking can help us fend away the undesirable energy that the world and our surroundings have to offer. This in turn creates for us an environment to grow and thrive.

Here are a few ways to practice positive thinking.

## Be grateful and write it down

We have just as many things to be grateful for (if not more) than we have to be worried about. Try and focus on a few of them to

put your mind at ease. Write them down if you have to. In fact, write five things you are grateful for every morning after waking up. We do not practice being grateful enough hence our mind has an easier time filtering out the good than the bad.

## Identify bad habits and replace them with good ones

Whether it is overthinking, procrastinating, or being hung up in the past, we have an array of bad habits that plague our lives. We must identify these habits and learn to move away from them. Obviously, this is way harder to practice than to preach but we all need a starting point and we can always delve into new habits.

## Identify areas where you need work

Similar to bad habits, there are plenty of areas in life where we can improve. We are not the complete package and we will never be, but we can always get a step closer to things. Doing some self-reflection in order to improve in certain areas will take you a long way. Perhaps, you can practice being more patient or being more mindful. Maybe, you can start working out or reading to sharpen the mind. The possibilities are endless.

## In conclusion

Positivity and optimism can have multiple benefits. It helps us manage stress which

makes us more adept at handling nerve-racking situations, which in return means that you are more likely to reach greater heights in life. Positive thinking can enhance both our mental and physical health. It has been proven that positivity boosts our immune system making us more resistant to certain ailments. It makes us less prone to cardiovascular diseases due to lower blood pressure. If that is not enough, it also lowers the risk of depression and other mental health issues.

By Irfan Aziz  
Photo: Collected



করোনা এবং অন্যান্য  
ভাইরাসের বিরুদ্ধে নিশ্চিত  
করে 99.99% সুরক্ষা

# Bactrol®

Left Right  
Left Right



