



Seva Mandal Education Society's
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Department of Psychology
Samvedana Counselling Cell

Greetings!

Today's Activity is on 'Positive Thinking'

Going day-to-day with negative thoughts constantly can weigh a person down both physically and mentally. It is important to shift these negative thoughts into positive ones before it can ruin your day and take a toll on your personal life. When practicing the technique of ignoring negative thoughts, you can also practice introducing positivity in those circumstances.

A positive attitude helps you cope more easily with the daily affairs of life, making it easier to avoid worries and negative thinking. Instead of getting down about something, find something to be happy about and use this optimistic thought to replace your pessimistic thoughts.

Today's Activity is for us to replace our negative thoughts to positive thoughts.



An Initiative by Principal, Dr. Leena Raje



References:

Power, R. (2015, August 13). 2 Ways to Turn Negativity Into Positivity. Retrieved from <https://www.inc.com/rhett-power/2-ways-to-turn-negative-into-positive.html>

Zimmerman, B. (2017). Replacing the Dark Thoughts. Retrieved from <https://www.makebeliefscomix.com/printables/replacing-the-dark-thoughts/>