

The Benefits of Staying Positive



As anyone suffering from a chronic condition such as Chiari Malformation can attest to, it is difficult to stay positive. When pain is all you can feel from where you stand, it may seem impossible to find the good in any of it. Before we start talking about the importance of staying positive, it is important to know that being optimistic doesn't mean you absolutely need to avoid the negative all at once. Instead, take baby steps to condition your body to think positively. A great starting place is to find things in your daily life to be grateful for. A little bit of gratitude can go a long way in bringing you out of despair into belief, and from belief into hope. We are all, so much more than our conditions, you may not be able to control the condition, but finding things that make you feel good outside of it can go a long way to gaining control of how it affects you.

According to mentalhealthamerica.net's article Stay Positive, those who reflect on things around them they appreciate (mother, friend, career, the place you call home, etc.) are more optimistic and also have fewer physical complaints. Undoubtedly, staying positive has a favorable effect on physical and mental wellness. Don't worry if you truly cannot find something to appreciate on demand, find the good in at least one thing around you and more things to appreciate will surface. Example? "I don't have the job I want....BUT I have a job" or "I do not live in the house I dreamed of...BUT I have a roof over my head". You do not have to start big, just START!

It is also important to share the other side of the story, so we can truly appreciate our positive successes. Pessimism, which is linked to depression, is said to occur when one believes a situation is beyond his or her control. All pessimists suffer from high stress, a precursor to depression, as well as many health risks that increase over time.

Optimists, on the other hand, have the ability to alter their views of negative situations. Instead of focusing on the negative things going on in their lives, they train their brains to think productively. They count their successes instead of concentrating on their failures; they expect progress; and they don't long for achievement... they demand it.

Go out there. Do. Act. Demand happiness. You deserve nothing less!

A positive frame of mind helps you to:

Lists from www.successconsciousness.com/positive_attitude.htm

- expect success, not failure
- feel inspired
- have strength to push forward, if you encounter obstacles in your way
- regard failure and problems as blessings in disguise
- believe in yourself and in your abilities
- find self-esteem and confidence
- look for solutions, instead of dwelling on problems
- recognize opportunities

Simple tips for developing a positive attitude:

- choose to be happy
- look at the bright side of life.
It's a matter of choice and repeated attempts
- choose to be optimistic
- find reasons to smile more often; you can find such reasons, if you
- look for them
- have faith in yourself
- associate yourself with happy people
- read inspiring stories
- read inspiring quotes
- repeat affirmations that inspire and motivate you
- visualize only what you want to happen, not what you don't want
- learn to master your thoughts