

‘555’ Practice for Positive Thinking

Researchers exploring the effects of positive thinking on health have suggested that a person who applies positive thinking in their life may have;

- increased life span.
- improved psychological and physical well-being.
- improved coping skills during hardships and times of stress.

As well as these benefits from positive thinking practicing this ‘555 Practice for Positive Thinking’ regularly helps to overcome negative thoughts. Negative thoughts can drain your energy and keep you from being in the present moment.

Try practicing these 3 points;

- **List 5 thing you are grateful for in life and why.**
- **Take 5 minutes to sit and practice deep breathing.**
- **Notice 5 things that are beautiful in the world around you.**

If you have the time this **‘555 Practice for Positive Thinking’** can be done every day to help overcome negative thoughts and aid you to become a more positive thinking.

