



Canadian Mental
Health Association
Champlain East
Mental health for all

Association canadienne
pour la santé mentale
Champlain Est
La santé mentale pour tous

329 rue Pitt Street
Cornwall, ON K6J 3R1
Tel 613-933-5845
1-800-493-8271
Fax 613-936-2323
cmha-east.on.ca
acsm-est.on.ca

Submitted by: Canadian Mental Health Association Champlain East

Shifting to a Positive Mindset

If you are like me, when the summer is over and the weather is getting colder, I am already looking forward for the next summer with its bright, warm, and sunny days. It's, after all, my favourite season! Of course, the Fall and the Winter seasons can bring good and fun moments as well. However, I need to be intentional to notice those on a daily basis. Which is why I like to use my strategies to shift my mind to a positive mindset. I would like to share these with you in this article.

First of all, let me define what we mean by "positive mindset". A positive mindset is a way of thinking that is optimistic and focuses on the good in any situation. People with a positive mindset are able to deal with life's difficulties, and they believe that things will work out in the end. For example, we can decide to focus on the things we can control and not dwell on what we can't.

Here are some strategies that can help us shift to a positive mindset:

Adopting an attitude of gratitude

Keeping a gratitude journal can definitely be a good habit to get into. Some people like to write three things they are grateful for every day before going to bed. Or, other ones prefer to start their day with that practice. Here are some examples of things that can be written: I learned something new and fun today, the weather was very nice today, I met with a friend I have not seen for a while and had a great time. I gave a compliment to a stranger and that made them smile.

Changing the script inside our minds

We all have the tendency to engage in thoughts that do not serve us in the moment or in the long run. It is what we call: negative self talk. Here are some examples of ways to shift from negative self-talk to positive self-talk:

Negative: I failed and embarrassed myself.

Positive: I'm proud of myself for trying. That took courage.

Negative: I've never done this before and I'll be bad at it.

Positive: This is an opportunity for me to learn from others and grow.



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Negative: What if I make a mistake or fail?

Positive: What if I succeed?

Practicing self-care

Self-care practices are directly linked to a positive mindset because when we actively prioritize our well-being through activities like exercise, healthy eating, relaxation, getting enough sleep, we naturally improve our mood, reduce stress, and cultivate a more optimistic outlook on life. All these self-care activities are also essential when days are getting shorter and we are getting less day light. Thus, it is an excellent idea to be paying more attention to our physical and mental health to increase our chances to feel good throughout the upcoming winter months.

What are you ready to try to shift to a more positive mindset?

DO YOU NEED HELP?

Dial or text 2-1-1 for free and confidential service that easily connects people to the critical social and community supports they need.

If you are thinking of suicide, please call 9-8-8 which is a mental health crisis and suicide prevention line.

The information provided is not a substitute for professional advice. If you need advice, please consult a qualified health care professional. For further information or if you want to access our services at CMHA, please call 1-800-493-8271 or visit our web site at www.cmha-east.on.ca