



EVERYDAY STRONG

The power of thought

Replace negative thoughts with healthy thinking

Ever had a performance review where you got lots of great feedback and one thing that could use improvement? Chances are you forgot all about the good stuff and just focused on the single criticism, until it grew into a huge problem in your mind. That's called negative self-talk and happens when you're under stress.

How we *think* affects how we *feel*. When you learn to stop the discouraging, negative thoughts and replace them with accurate, truthful statements, you're practicing healthy thinking.

It takes time to turn healthy thinking into a habit, but when you do, you'll feel better and it will be much easier to cope with stress – or even avoid it.

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