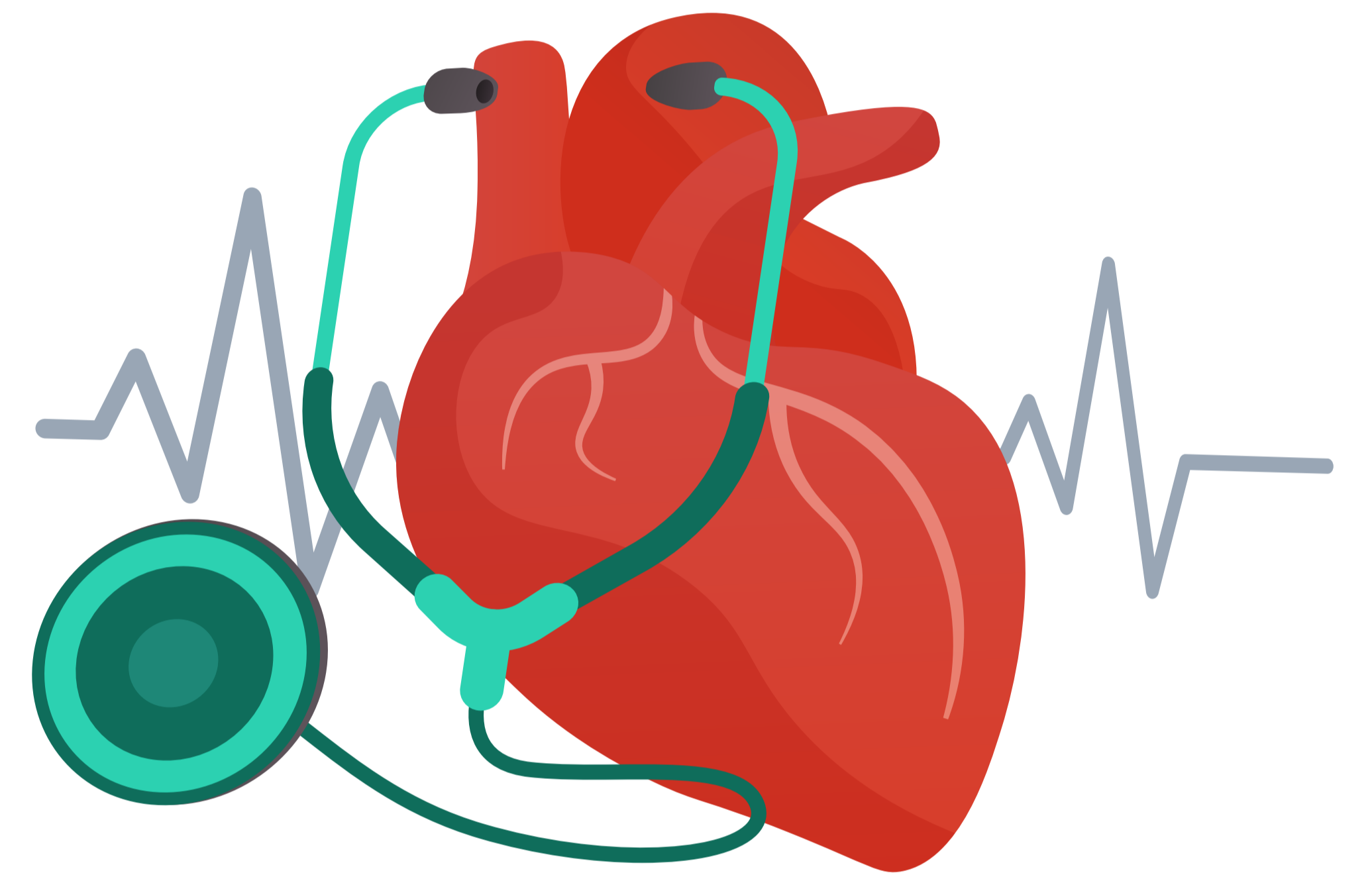


# The Power of Positive Thinking



Those with a positive outlook may be a third less likely to have a heart attack or other cardiovascular event within five to 25 years than those with a negative outlook.

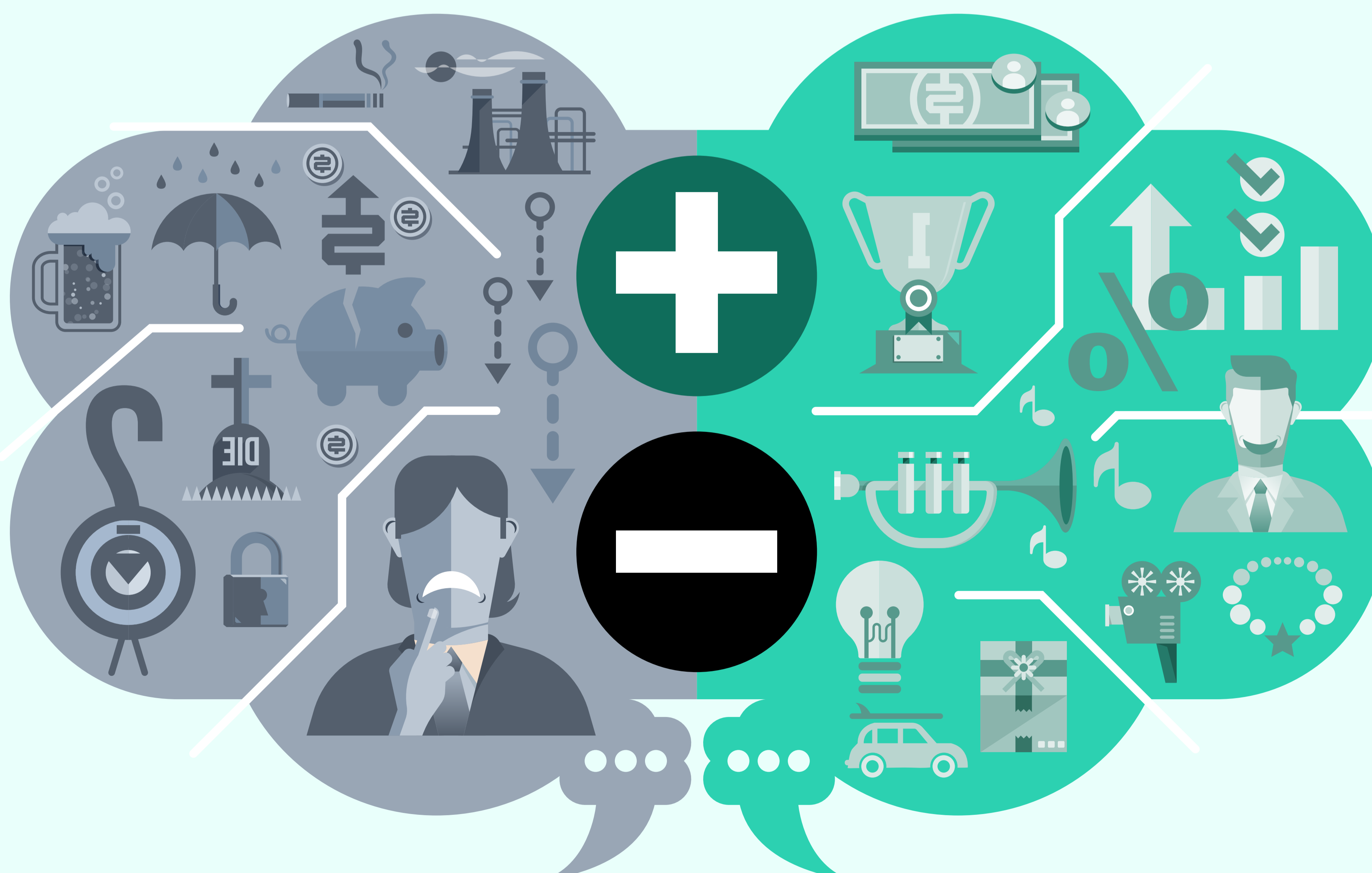
*The Power of Positive Thinking, John Hopkins Medicine.*



Optimism is clearly associated with better psychological health, as seen through lower levels of depressed mood, anxiety, and general distress.

*How a scientific framework for exploring the power of optimism developed, Stanford Medicine*

Negative thinkers often have habitual thought patterns called cognitive distortions.



Identifying and challenging cognitive distortions is part of training yourself to think more positively.

Examples of cognitive distortions include arbitrary inference, mind-reading, catastrophizing, and mental filtering.

