

HOW to CLEAR NEGATIVE THOUGHTS

You reinforce what you pay attention to.



eternity of spirit
returning home to yourself



When you resist negative thoughts, you actually reinforce them.

www.eternityofspirit.com/clear-negative-thoughts/

7 strategies how to get rid of your negative thoughts



Change your posture.
Stand up straight.
Smile more often.



Talk to someone.
Don't keep these negativities to yourself



Calm your mind.
Use simple meditation techniques.



Change your perspective.
Often changing your point of view on the situation is enough.



Be creative.
Being creative is a fantastic mood changer..



Go for a walk.
Change your environment to change your thoughts.



Cultivate gratitude.
Learn to appreciate the positive things in your life.

Often the wonderful things are right in front of your eyes, but you fail to see them.