



Think for the Future

WOW Pack

Developing a Positive Mindset

This pack has been put together in response to the current situation to support students and staff during school closures. We will be producing packs multiple times per week on a variety of topics. These will also be released on our social media, see our accounts below!



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Think about it: Positive Minsdet



It is really easy for us at this time to forget about the good things that are going on around us!

Take a couple of minutes to think of as many good things you have in your life right now as you can.



We know how hard it can be to find the positive sometimes but it is really important that we try!

How many positive things are you thinking about each day?

Positive Mindset



Developing a positive mindset is crucial during these troubling times. How are you going to achieve the goals you have set out if you allow yourself to think in a negative way? Especially during lockdown.

Sometimes it is hard to think positive when we feel that everything around us seems so negative, but you can think positively by focusing on the good things, however small they are. Perhaps you could create a gratitude journal where you write down 5 things you feel grateful for every day and see how your attitude changes!



Developing a positive mindset is important to me as it helps me stay focused on developing healthy relationships with friends, family and people I work with. It's also very important as it helps me think creatively and be able to express who I am and the things I enjoy doing such as sports, reading books, creating podcasts, it can be anything!

What is a positive mindset?

Positive thinking means approaching life's challenges with a positive outlook. It doesn't necessarily mean avoiding or ignoring the bad things; instead, it involves making the most of potentially bad situations, trying to see the best in other people, and viewing yourself and your abilities in a positive light.

Traits and Characteristics of a positive mindset

Optimism: a willingness to make an effort and take a chance instead of assuming your efforts won't pay off.

Acceptance: acknowledging that things don't always turn out how you want them to, but learning from your mistakes.

Resilience: bouncing back from hard times, disappointment, and failure instead of giving up.

Gratitude: actively and continuously appreciating the good things in your life

Consciousness/Mindfulness: the ability to focus

List of positive attitudes

- Getting back up when you fall down (no matter how many times you fall down)
- Smiling
- Being true to yourself
- Having a positive future vision, no matter how bad current circumstances are
- Motivating those around you with a positive word

Watch this video for tips on how to have a positive mindset!

Watch this

<https://www.youtube.com/watch?v=vRQkxeBDEF0>



Practice makes perfect

When we think about things in a positive way, with love and happiness, you start looking forward to them. If we do the opposite and think about things with frustration, anxiety and anger, these things then become something to avoid and we look at them negatively. For example, if first thing in the morning we start thinking about the lessons we like at school or the things we look forward to in the day, we go into school in a positive mindset which often leads us to then have a good day. If we think about what we don't like, or all the things that didn't go well before, we go into school with a negative mindset and often have a bad day.

So, we all need to practise positive thinking, and letting these thoughts help us have a good day!

5 Ways to Get Positive



1

5 minutes of mindfulness

Taking 5 minutes to be mindful can bring attention back to your breathing and is effective at reducing negative thoughts and anxiety.

Watch this to learn how: www.youtube.com/watch?v=inpok4MKVLM

Believe in yourself

A strong belief in yourself can bring you all these benefits and more. You recognise your ability to accomplish goals, you're optimistic about the future as you set goals and achieve them. Deep down inside, you know you can do anything

2

3

You Will Succeed

In order to feel more **positive**, you will need to start believing in yourself and telling yourself you will succeed. The more we tell ourselves we are going to succeed and really believe the more positive we will feel.

Take a look at this video on tips to feeling more confident - <https://www.youtube.com/watch?v=BZ05M1UhPrY>

Breathe

Something very simple, although one thing we forget when we're feeling difficult emotions! There are a variety of breathing techniques around which are proven to aid these negative feelings.

Empty the lungs of air, breathe in quietly through the nose for 4 seconds, hold the breath for a count of 7 seconds, exhale forcefully through the mouth, pursing the lips and making a "whoosh" sound, for 8 seconds, repeat the cycle up to 4 times.

4

5

Find positive friends

When you surround yourself with positive people, you'll hear positive outlooks, positive stories and positive affirmations. We're spending a lot of our lives on social media these days, do the people and things you follow help you feel positive?

Positive Mindset Top Tips

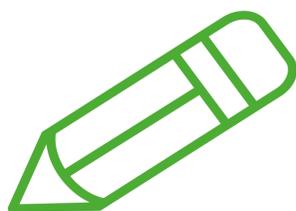
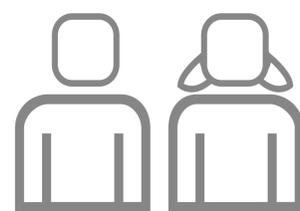


Focus on the good things, however small

The small things in life matter and will help you develop a positive mindset, thinking about the little things in life, make the bigger things count. It doesn't always have to be a major moment for us to celebrate, celebrate the small things too because they are still worth it.

Keep a gratitude journal

Try writing down 5 things that you feel grateful for every day and see how your attitude changes. It is often really easy to just focus on the negative things around us and forget to think about what we have to be happy and grateful for. Taking the time each day to notice the good things can improve how we feel.



Bucket list

Being unable to occupy our free time how we want is something that we all took for granted prior to this current situation. If you find yourself feeling negative due to these restrictions spend some time creating a bucket list. Compile a jar of all the things you miss doing whilst being stuck inside. When this is all over, start picking things out the jar. You'll never be bored again and will massively appreciate being able to complete them!

Read an inspiring book

With all this free time on our hands, use it productively! If reading isn't something that you do often give it a try! There are millions of books out there. If you're struggling, try reading something interesting on the internet. Expand your knowledge!



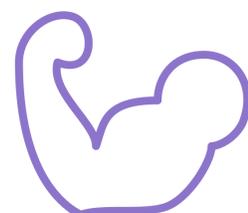
Transform negative self-talk into positive self-talk

Studies show that up to 70% of our thoughts are negative. This is a prehistoric instinct to keep us safe. That being said, if we let these thoughts consume us this can really begin to impact our self-esteem. For example, if someone complimented our hair we'd forget this quickly, yet if someone insulted your hair you would focus and dwell on this for a longer period! In a world where you can be anything, be kind. Especially to yourself!

Do things that motivate you

Doing things that we enjoy and that motivate us can make us feel much more positive. The sense of satisfaction when we can see we are improving at something or learning something new always feels good! Take a look at this inspiring video.

<https://www.youtube.com/watch?v=MJoczdesU24>



Take on the challenge!



What are you doing whilst at home that is keeping you positive?

Tag us and share your ideas on what we can all be doing to keep our mindset positive!



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