

Well-being Cell – IIITD



“Think positive, be positive”, “#SendingPositiveVibes”, “I’m so positive that even my blood groups says B positive” - Gosh!

Wherever we look - movies, social media and even good morning messages on WhatsApp, they all seem to be screaming just two words - **“Be Positive”**.

But what's the point of all this? We can't simply turn on a positive switch, right? According to Psychologists, we can't prevent bad things from happening but we can try to make the best out of them.

Want to learn the benefits of a positive mindset and how to build one? Let's take a look on how to infuse positivity across these 4 aspects of life –



Career

When we constantly think that we can't do something, we're less likely to take steps towards succeeding at it. Instead, positivity eliminates limiting beliefs that hold us back. For eg. Instead of saying 'I've never presented in front of people

before’, try saying, ‘This can be a good start to overcome my stage fear and finally work on my presentation skills.’ Experts say that a can-do approach makes us proactive, improves dedication and boosts self belief.



Relationships

Let’s admit it. When we feel positive, we are perceived as a positive and cheerful person and therefore, more people prefer being around us, seeking joy and motivation. Research says that a positive attitude makes us approachable, empathetic and trustworthy which makes our relationships strong. Moreover, healthy relationships have been proven to boost our self-esteem, immune system and ability to recover from diseases.



Overcoming obstacles

We all have bad days here and there but what we can try doing is acknowledging our difficult situations with self-introspection. This helps us become self-aware of our thoughts and make positive choices. Studies have

shown that such positivity is correlated with better stress management, clearer thinking and greater problem solving skills.



Bouncing back from failure

Immense practice and persistence takes us one step closer to our goals, we all know it but you know what else adds to it? Our positive mindset. Research has shown that when we try to see the positive in our mistakes, we acknowledge our failure which in turn motivates us to bounce back and find better solutions to improve next time.

So what do you think? Can these tips help you change your mind set in a positive direction? Not sure? We are always here to guide you further –

Please feel free to approach us for the Counselling Sessions. Appointments can be booked at <http://wbc.iiitd.edu.in/>

Thanks and regards

Team Well-being Cell