

PPGH's Stress  
Management  
Program

Week 4



## Positive Thinking

This week our coping technique for managing stress is **Positive thinking**. Our way of thinking can affect our moods and bodies. Replace negative self talk with positive self talk. Negative self talk is saying to yourself "Why did you do that? You're such an idiot!" Positive self talk is saying to yourself "Well, that may not have went as planned, but you did a great job making sure everyone got their meds!" etc. One way to restructure the brain to do this is to keep a "calendar" and focus on three positive goals or things that bring joy every day. Practicing acknowledgement of positive things will help you be mindful of how you talk to yourself.

*Everyday may not be good, but there is something good in every day - Alice Morse Earle*

Palo Pinto General Hospital  
400 SW 25th Ave.  
Mineral Wells, TX 76067  
940-325-3102



WHETHER YOU  
**THINK YOU CAN,**  
OR THINK YOU CAN'T,  
**YOU'RE RIGHT.**

(HENRY FORD)