Overcoming Negative Thoughts

- Monitor your thinking - BE AWARE!
- Surround yourself with positive people.
- Make a list of the things you are grateful for.
- Smile - you never know who will smile back.
- Positive self-talk - remind yourself how awesome you are.
- Sing - it's a great stress reliever!
- Read positive quotes - as a reminder to stay positive.
- Meditate, or try yoga!
- Kill negative thoughts quickly - never say never.