



POSITIVE THINKING

Your own thoughts can be another source of stress. When negative thoughts and worries keep running through your mind, you can feel worse both physically and emotionally.

Positive thinking is an effective way of getting control over these troubling thoughts. To shift from negative to positive thinking you need to be able to:

STOP, THINK AND FOCUS

STOP when you sense stress. Ask yourself, “How does my body send signals that I am stressed?” Some of the signs of stress include:

- Racing thoughts
- Increased irritability
- Stiff neck, rapid pulse
- Hollow, anxiety feeling in pit of your stomach

THINK about what you might be saying to yourself when you are stressed. Ask yourself, “What negative statements am I saying to myself?”

You may be telling yourself negative things like: “I can’t deal with this”; “Stop being a baby”; or “I’m going crazy”. Sometimes, these thoughts happen so fast you may not even be aware of them until you begin to focus on them.

FOCUS on more positive thoughts. Remember, your own thoughts can either work for you or against you when dealing with stress.

- Create your own positive statements: “The stress I am feeling is normal”; “I know what to do when I am stressed”; or “I know deep breathing helps”.
- Write down the positive statements you create. Have some ready for when you notice your stress is increasing. Repeat them when you need to. Practice by reading at least once a day.

(Adapted from H. Lee Moffitt Cancer Centre & Research Institute, Coping with chemotherapy, 2003, Florida, U.S.A.)