



POSITIVE THINKING

Tuesday, June 12th @ 12:30 PM

Presented Melanie Washington, BCBS of Western New York

Our thoughts impact what we believe, which determines how we feel, and subsequently how we act. Therefore, we are what we think, so think positive!

Life confronts all of us with challenges; it's what we do with those challenges that matter. Do you look at them as opportunities to learn and grow, or do you see yourself as their victim?



Research shows that people who experience more positive emotions such as joy, contentment, and love, are more successful, happy and healthy, because they are able to see more of life's possibilities. When we view things negatively, negative feelings such as stress, fear, or anxiety are generated, which can consume our thoughts and energy, paralyzing us from moving.

During this seminar, you will learn:



- What is positive thinking and how does it work
- Myths and facts about positive thinking
- How to improve your ability to think positively