

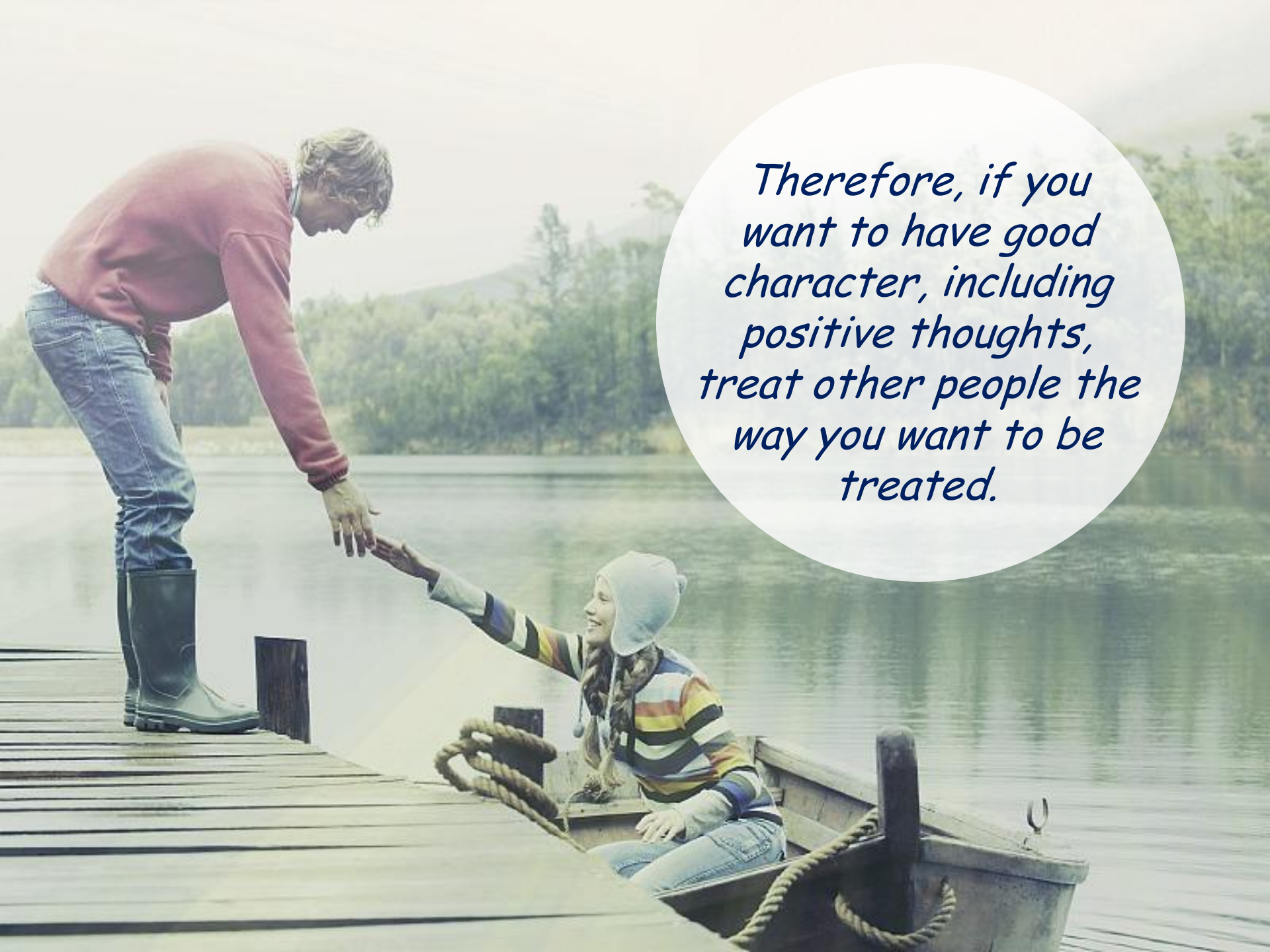


POSITIVE THINKING TIPS

How to improve mental health

TREAT OTHERS AS YOU WANT TO BE TREATED

*The way that you behave others
reflects your character*

A man in a red sweater and blue jeans stands on a wooden dock, leaning forward to help a woman. The woman is sitting in a small wooden boat, wearing a colorful striped sweater and a light blue hood. She is reaching out her hand towards the man. The background shows a calm lake and a forested hill under a hazy sky.

*Therefore, if you
want to have good
character, including
positive thoughts,
treat other people the
way you want to be
treated.*



*If you want **TO BE TRUSTED** by friends, learn to trust them first*



*If you want to **BE LOVED** by your relatives, learn to love them first*

A photograph of two women engaged in conversation at an outdoor social gathering. The woman on the left has dark hair and is wearing a black and white horizontally striped jacket over a dark top. She is holding a small glass. The woman on the right has short, wavy grey hair and is wearing a light-colored, textured blazer over a floral patterned skirt. She is holding a tall glass of orange juice. They are standing next to a table covered with a white tablecloth, which has several more glasses of orange juice on it. In the background, there are trees and a brick building. A circular text overlay is in the upper right corner.

*If you want to
be **WELCOMED** by
neighbors, learn
to welcome them
first*

"Respect for ourselves guides our morals. Respect for others guides our manners."



2

BE TOLERANT

“Without tolerance, our world turns into hells.”



Forgive

*In order to build
positive thoughts,
you should learn
to **FORGIVE** people
who make you sad
or angry.*

A close-up photograph of a person's hand holding a small, white origami crane. The hand is positioned in the lower-left quadrant of the frame. The background is a soft, out-of-focus green with circular bokeh light patterns. The overall tone is peaceful and contemplative.

F O R G I V E

and you free yourself.

*You even need to learn to forgive the ones who
offend you.*

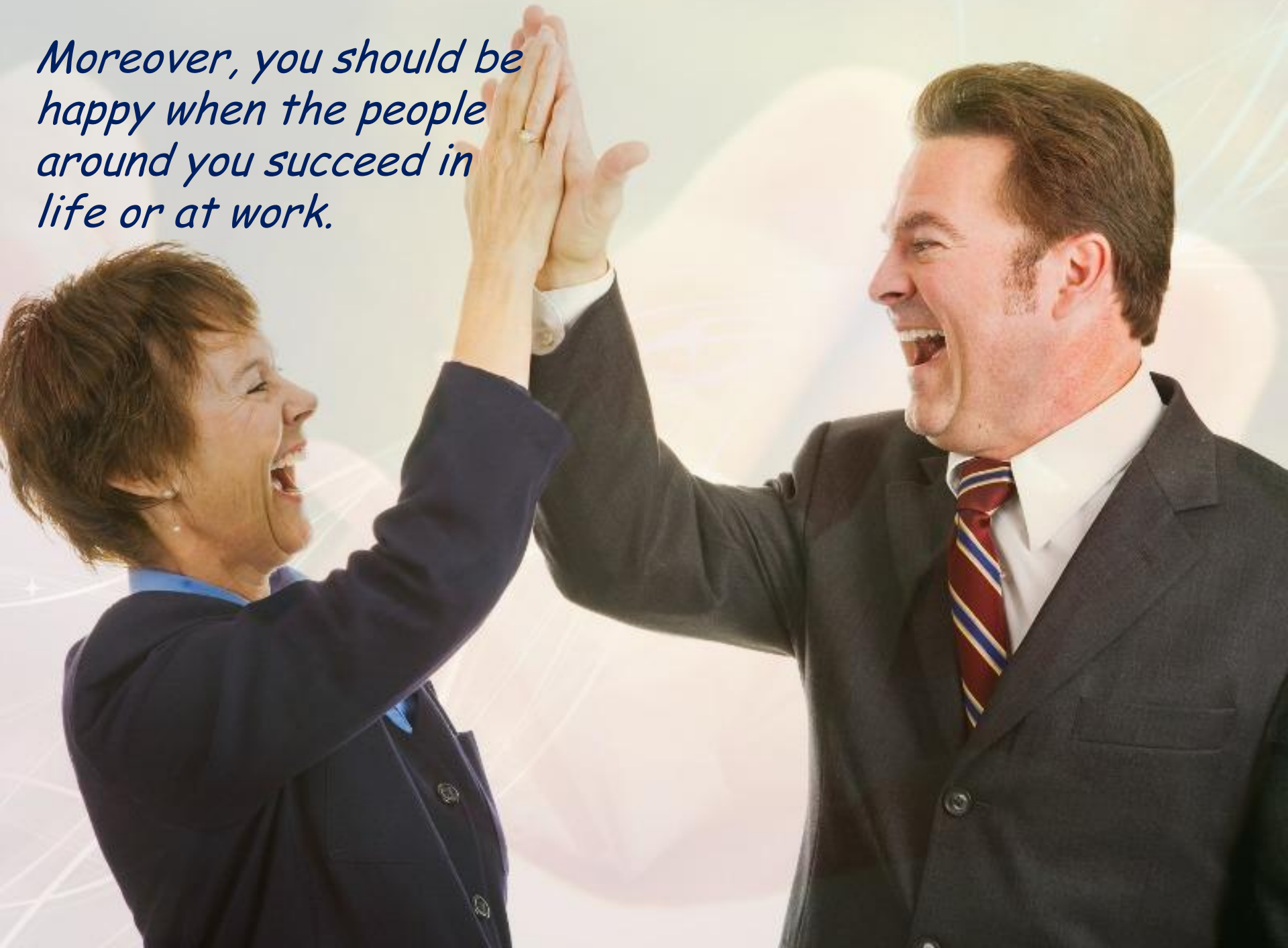
*No matter what they do to you, they are
teaching you some good lessons in life*





"Treat everyone with politeness, even those who are rude to you - not because they are nice, but because you are."

Moreover, you should be happy when the people around you succeed in life or at work.



DO NOT BE JEALOUS *with them as
jealousy is one of the typical
causes of negative thinking.*



A man with dark hair, wearing a blue t-shirt, is hugging two women from behind. The woman on the left has long brown hair and is wearing a pink top. The woman on the right has long dark hair and is wearing a light blue top. They are outdoors with a blurred green background. An orange arrow-shaped graphic points towards the bottom left, containing a quote.

"Acceptance and tolerance and forgiveness, those are life-altering lessons."

3

AVOID NEGATIVE SELF-TALK

Among positive thinking tips, avoiding negative self-talk is the most important



*"Be mindful of your **SELF-TALK**. It's a conversation with the universe."*



*What you **TALK TO YOURSELF**
will result in the way you
behave people around.*

*If your mind is full of **NEGATIVE SELF-TALK**, you will not be able to treat others with respect as you may think that they do not deserve your good behavior.*



*When you are in that
situation, try to **ELIMINATE
YOUR NEGATIVE TALK**, and tell
yourself that everyone may
make mistakes, but everyone
has something for you to
learn from.*

vX^s Bⁿ Q^y c^m
D^a W R T^j L^f z^y G^a H^r
K O Eⁱ u A pⁿ i





*"Be careful how you
are talking to
yourself because
you are listening."*

DO MEDITATION OR YOGA

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*Bath helps clean your body, while
meditation helps clean and refresh your mind*



"PRAYER *is when you talk
to God"*

"MEDITATION *is when you listen to
God"*





People who meditate on a regular
basis **HAVE MORE POSITIVE THOUGHTS** than
the ones who don't.

A person is shown from the side, sitting in a meditative pose on a grassy field. They are wearing a white t-shirt and light-colored shorts. Their hands are held in front of them in a mudra, with the index and thumb fingers touching. The background is a soft-focus green field with trees in the distance. Two circular text overlays are present: a dark one on the right and a light one in the center-bottom.

*Meditation will
certainly become
the future of
the mankind as it
helps quiet your
soul.*

*Thus, if you are a
wise person, start
meditating today
to enjoy its
benefits, including
positive thinking.*

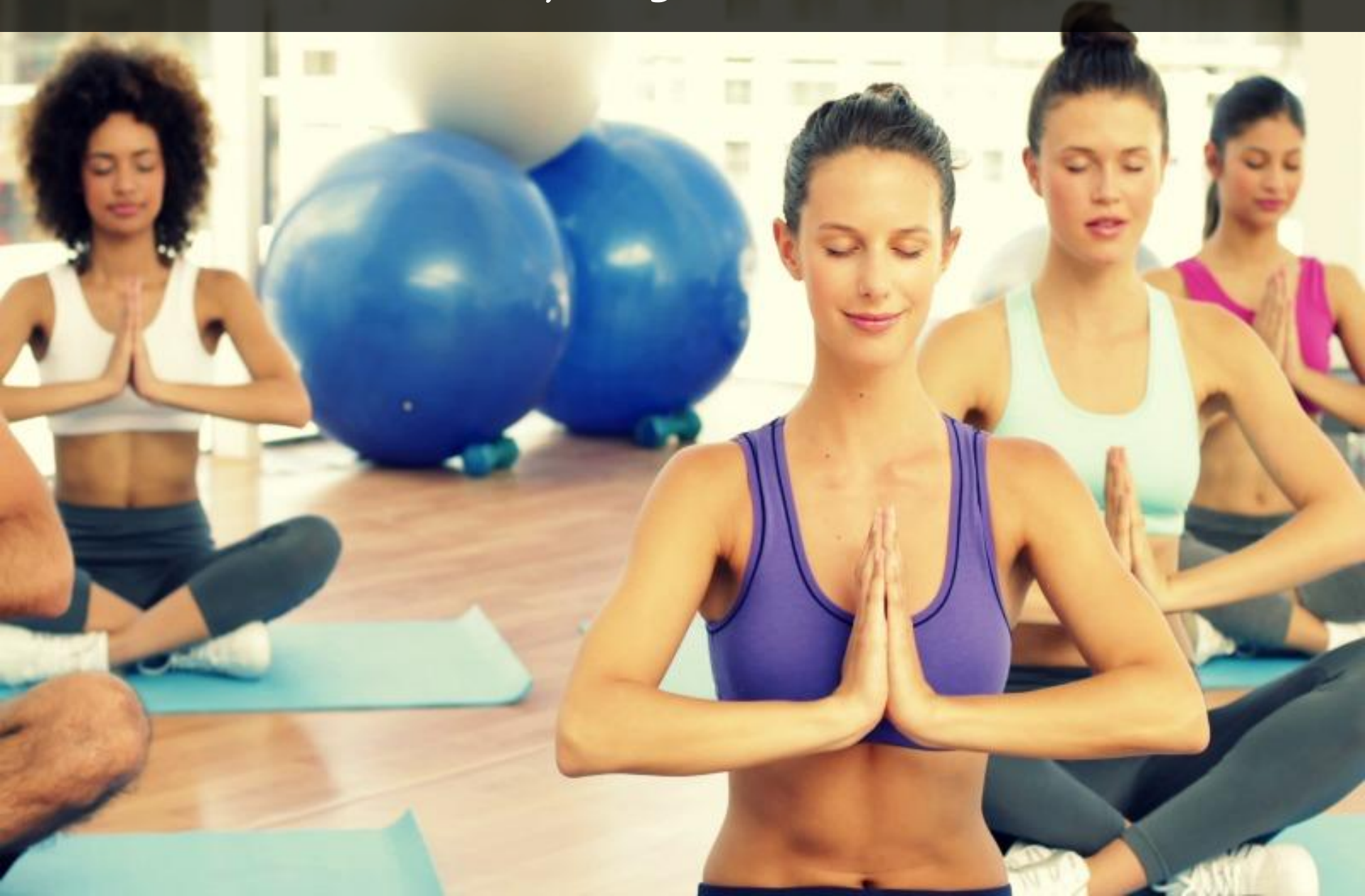
A man is shown in profile, leaning forward with his head bowed and hands clasped in a meditative pose. The lighting is dramatic, with a strong light source from the left creating a bright vertical beam that illuminates the man's hair and the side of his face, while the rest of the scene is in deep shadow. The background is dark and indistinct.

"SUFFERING *is due to our disconnection*
with the inner soul. MEDITATION *is*
establishing that connection."

A woman with blonde hair, wearing a white jumpsuit, is performing a yoga pose on a bright orange mat on a wooden deck. She is in a low lunge position with her right leg bent and her left leg extended back. Her arms are raised high, reaching towards the sky. The background shows a beach with waves and a cloudy sky. The text "Yoga helps RELAX YOUR MIND, limiting negative thoughts" is overlaid on the right side of the image.

*Yoga helps **RELAX YOUR MIND**,
limiting negative thoughts*

"When I take yoga class, I feel like I can let go of any stress and anything that bothers me."



HELP PEOPLE AROUND

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Helping people around is one of the top positive thinking tips.

*What you give others will
certainly return to you some ways.*





*If you help others,
your mind will be*

**BUILT UP WITH LOVE,
RESPECT, AND ALTRUISM.**

*As a result, you will
be thinking
positively.*

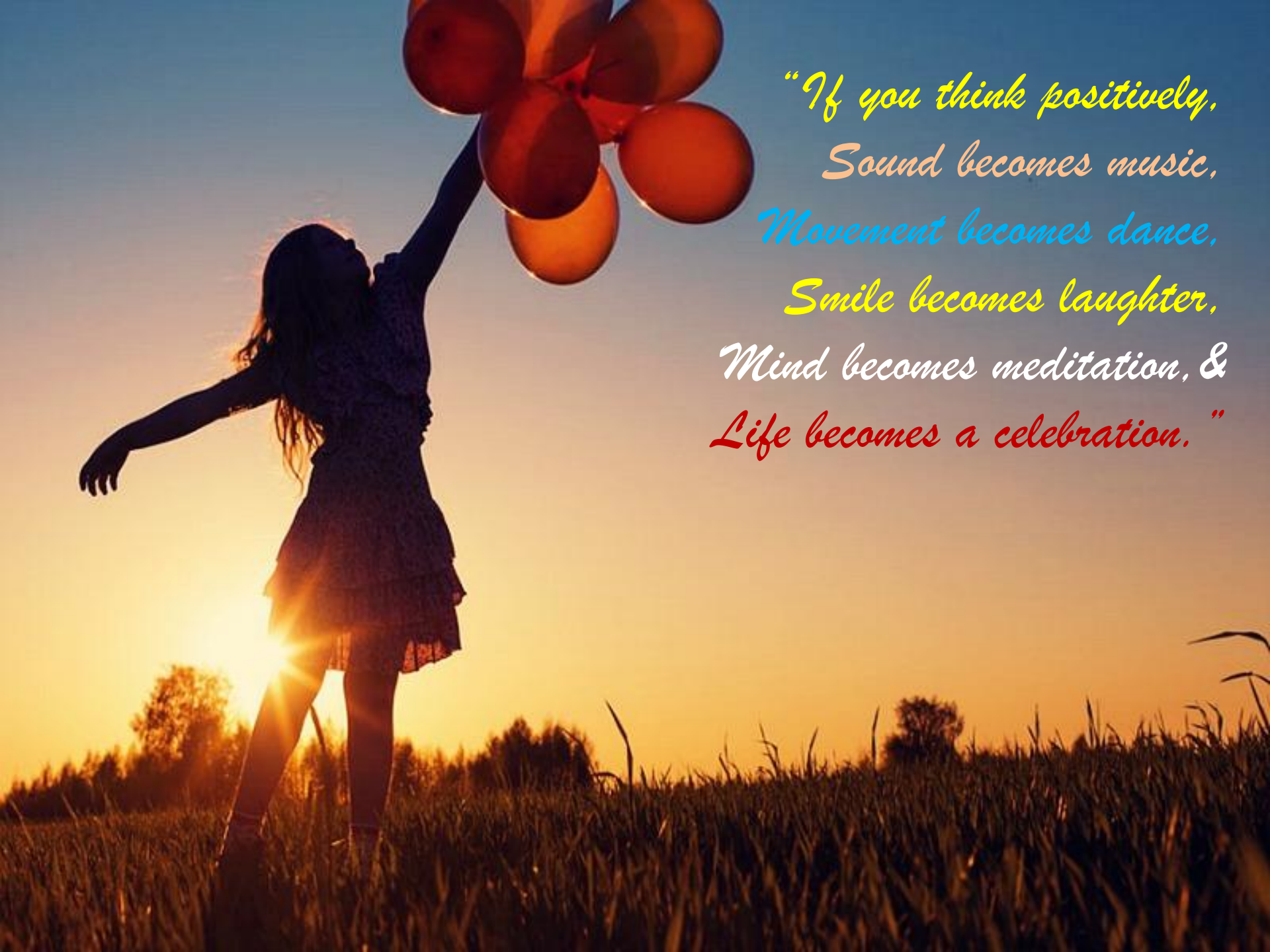


MAKE FRIENDS WITH POSITIVE PEOPLE

"A man is known by the company he keeps."



When you are with positive people, you can learn from them the way they treat others, and the way they think about life.

A silhouette of a person with long hair, wearing a short, ruffled dress, stands in a field of tall grass. They are holding a large bunch of orange and red balloons high above their head with their right arm. The sun is low on the horizon, creating a bright, warm glow and a lens flare effect. The sky transitions from a deep orange near the horizon to a clear blue at the top. The overall mood is joyful and celebratory.

*"If you think positively,
Sound becomes music,
Movement becomes dance,
Smile becomes laughter,
Mind becomes meditation, &
Life becomes a celebration."*