



# International Journal of Nursing and Health Care Science

Short Communication

Phillips L. J Int J Nurs & Healt Car Scie 03: 2023-268

## The Metamorphosis: Transforming Negative Minds into Positive Minds through Daily Self Affirmations

LaToya Phillips MSN-Ed, RN<sup>#</sup>

<sup>#</sup>Department of Nursing, Albany State University, Georgia, USA

<sup>#</sup>**Corresponding author:** LaToya Phillips MSN-Ed, RN, Instructor, Department of Nursing, Albany State University, 2400 Gillionville Rd, Albany, Georgia 31707, USA

**Submission Date:** 08 August, 2023

**Accepted Date:** 06 September, 2023

**Published Online:** 11 September 2023

**How to cite this article:** Phillips L (2023) The Metamorphosis: Transforming Negative Minds into Positive Minds through Daily Self Affirmations. *Int J Nurs & Healt Car Scie* 03(11): 2023-268.

### Introduction

Throughout life, one can receive a relentless number of curveballs, gifting them with many misfortunes, challenges, and delays. These misfortunes may lead to mental strains causing unhappiness, feelings of despair and the escalation of feelings of negativity, doom, despair, inadequacy, and doubts-further potentiating feelings of shame, hurt and fears. A concoction of this emotional turmoil equivalates a recipe for poor mental health and physical health inducing feelings of negativity. When negativity comes lurking, hardships on mental and physical health impedes one's ability to be successful and prosperous. Life is unpredictable. Life is harsh at times. Life can lead us to dark thoughts and dark decision making. But there is hope. Applying adaptive coping skills and a willingness to make positive life transformations can greatly impact success mentally and physically. One method of turning the negative thinking around is to realize the negative impact it may be causing and employing the practice of positive daily self affirmations.

**Keywords:** Negative thinking, Positive thinking, Positive self affirmations, Positive self-talk, Negative thinking impact on health, Positive affirmation activities

### What is Negative Thinking?

Negative thinking is thinking that causes an individual to see themselves and their surroundings unfavorably. It inhibits a person's ability to be productive and successful. Several statements that may come from the negative thinker include the following:

- "I am not good enough."
- "They will never like me."
- "I will never pass this course."
- "I am not intelligent enough."
- "I am not strong enough."

### What are Possible Causes of Negative Thinking?

Negative thinking has several contributing factors. These factors may include the environment in which one is surrounded, past and present life experiences, and mental health conditions. The environment in which an individual is in may cause triggers. These triggers may include mal family dynamics, school, gossip, hearsay, negative friends, or their job. Social media and the daily news may also contribute to feelings and thoughts of negativity. Mental health conditions that are intricately linked to negative thinking include low self-esteem, anxiety, and depression. When neurotransmitters in the brain such as dopamine, endorphins, and serotonin are altered, decreases in feelings of happiness, and motivation are impacted [1]. According to an editorial, it was found the environment in which an individual is raised can negatively impact stress levels, thus, debilitating the psyche [2]. Those who tend to positive outlooks on life may have less stress and less of the many health issues that are related to stress. The health issues may include hypertension, diabetes, and obesity.

Other causes of negative thinking include overgeneralization, jumping to conclusions, catastrophizing, polarized thinking, and personalization. Polarized thinkers are not able to see or process ideas as grey. These individuals view ideas as either black or white. When jumping to conclusions, quick decisions are made without considering all the facts. Some are known to take everything personally and compare themselves to others. The person who overgeneralizes makes conclusions based on past bad experiences that are related to the current situation. The catastrophic thinker believes results will be the worst.

### **Characteristics of Negative People**

Negative individuals have traits and qualities such as pessimism, self-doubt, blaming, irresponsibility. This person may also resist change. These types of individuals can be toxic and invade other's mental health turning experiences into negative ones.

### **Negative Thinking and Health**

Negative thinking can be overwhelmingly powerful. It can cause detrimental physical and mental health illnesses. Mental health issues that may arise from negative thinking include chronic worrying, self-doubt, feelings of apprehension, pessimism, hopelessness, helplessness, anxiety, depression, and stress. Physically, negative thinking can bring on the onset of pain or intensify it, weaken the immune system, slower recovery from illnesses, digestive problems, cardiovascular issues and increase the chances of early death. People who catastrophize about their pain tend to have exaggerated worry, overestimate the likelihood of unpleasant outcomes, and think more helpless and distress-amplifying thoughts in response to pain [3]. In a British birth cohort of three thousand one participants that had affective symptoms (examples-sadness, anxiety, lack of pleasure) were assessed between adolescence and age 53 years. Those participants who had case level symptoms with affective symptoms had significantly higher rates of premature mortality, respectively, by age 68 years compared with those who never experienced case-level symptoms; associations were largely explained by factors in adulthood, such as self-reported health conditions, smoking, and physical activity [4]. The gastrointestinal tract is sensitive to emotion. Anger, anxiety, sadness, elation - all of these feelings (and others) can trigger symptoms in the gastrointestinal system [5].

### **Negative Thinking and Its Impact on Success**

Negative thinking can be a major deterrent from reaching goals and fulfilling dreams. This type of thinking can ruin lives. Negative thinking can cause individuals to not perform to their true capabilities and cause demotivation. It causes ones to have fears, worries and doubt. Thus, creating failures and not completing missions.

### **Turning it All Around**

It is possible to retrain negative thinking into positive thinking. First, look at the situation and ask whether it is consuming for you. Are the thoughts oppressive? Are the thoughts causing you to feel uncomfortable or affect your mental stability? Are these negative thoughts perpetual? Do you feel negative thoughts are an issue that you need to address? Are there grudges being held? Is emotional resilience being stunted? Do you want to harm self or anyone else as a result of the negative thinking? If the answer is yes, then there is a need for change to increase psychological well-being. One step includes challenging self-sabotages. Step two, includes recognizing the triggers and stressors, delving into the reasons for them. Step three, include daily affirmations and believing in them. Step four, change your surroundings. Meditation, exercise, sunshine and reducing the amount of time spent on technology may increase energy and positivity.

### **What is Positive Thinking?**

Positive thinking promotes a better outlook on mental and physical health. Positivity decreases stress and opens channels for individual success. Positive thinking, thus, does the exact opposite of what negative thinking does both mentally and physically to an individual. Positive thinking increases self-esteem and increases opportunities for success. One method of promoting is through positive affirmations.

### **Characteristics of Positive People & Its Impact on Success**

Positive individuals, when faced with challenges, look to the bright side, and find solutions to what may be hindering them from excelling. Positive individuals are in touch with their thoughts both negative and positive and are willing to make change when negative. They are motivated, accountable, willing to change for the better and resilient. Other characteristics include being responsible and accountable.

### **Positive Affirmations**

What are positive affirmations? Positive affirmations are phrases that can change negative cognitive thinking into positive thinking. When done regularly, the practice may promote improved mental health and physical health. Positive affirmations motivate positive change. Positive affirmations and positivity can be life changing and open doors to success and happiness. Positive affirmations increase endorphins and make an individual feel good. They promote self-confidence, reduce stress and increase self-esteem, thus promoting resilience.

Various studies on affirmation shows us that self-affirmations can:

1. Give us a sense of worth
2. Allow the ability to respond reasonably and responsibly in situations
3. Promote quality and beneficial self-care
4. Encourage the interest and acceptance of new ideas
5. Cope with our own mortality
7. Feel less stressed on exams
8. Improve problem-solving and creative thinking in high-stress situations, and
9. Protect us against the negative effects of chronic stress

Science also shows us that the relevance of an affirmation, how much you believe in it, and how you feel when you're thinking it make a significant difference [6].

## Examples of Positive Self-Talk and Affirmations

Positive self-talk is a method in which one says good and encouraging things about themselves. Positive self-talking promotes optimism. self-talk shapes your beliefs about who you are, how the world works, and where you fit into it all [6].

Examples include:

- “I am successful.”
- “I am an achiever.”
- “I am beautiful.”
- “I am somebody.”
- “I will not give up.”
- ‘I have the power to change the world.’
- “I can do this.”

## Positive Affirmation Daily Activities

There are several ways to add this practice within daily life. The activities can be as simplistic or intricate as one desires. They are as follows:

- Sticky notes
- Journaling
- Photomontages
- Art
- Music

Sticky notes can be utilized by placing positive sayings on each of them and placing them on places that are frequented such as the bathroom on mirrors, desks, in vehicles, and on bedroom doors. Journaling is also effective in practicing positive affirmations. Daily, jot down positive quotes and expressions. Magazines, photos, and books all house a plethora of photos that have positive connotations. Tearing the positive photos from each source and make a photomontage where they can be displayed and seen often. Positive art drawings may be placed on myriad items such as clothing canvases, stones, and cards. Art may also come in the form of making creative and uplifting songs to promote a positive well-being.

## Conclusion

In conclusion, life can be hard and challenging. Life can change one's perspectives and views on situations negatively affecting both physical and mental health. On the other hand, life can be as blissful as whatever is made. Utilizing adaptive coping skills such as applying positivity and daily self-affirmations can be immensely powerful. When employing positive adaptive coping skills, healing and positive mental health can then manifest, allowing an individual to flourish and see the world and themselves in a radiant light.

## References

1. Dfarhud D, Malmir M, Khanahmadi M (2014) Happiness & Health: The Biological Factors- Systematic Review Article. *Iran J Public Health* 43: 1468-1477.
2. Helbich M (2018) Mental health and environmental exposures: An editorial. *Int J Environ Res Public Health* 15: 2207.
3. Mirgain S (2016) Working with pain related thoughts.

**Citation:** Phillips L (2023) The Metamorphosis: Transforming Negative Minds into Positive Minds through Daily Self Affirmations. *Int J Nurs & Healt Car Scie* 03(11): 2023-268.

---

4. Archer G, Kuh D, Hotopf M, et al. (2020) Association Between Lifetime Affective Symptoms and Premature Mortality. *JAMA Psychiatry* 77: 806-813.
5. President and Fellows of Harvard College (2023) The gut-brain connection: Pay attention to your gut-brain connection-it may contribute to your anxiety and digestion problems.
6. University of Arizona (no date) Mental Health Mastermind Week Two Self-Talk.