# Flip your thinking

How you think affects how you feel.

Negative thinking causes a lot of unnecessary stress. But for some of us, it’s easier to focus on the negative. If we hear nine good things about ourselves and one criticism, we tend to forget the good stuff and blow that criticism out of proportion until it takes over our thoughts.

Healthy thinking helps you watch out for those negative thoughts and keep them under control. It can turn them around so you’re able to focus on accurate, helpful statements that encourage rather than discourage.

Turning healthy thinking into a habit will take time and practice. But when you master it, you’ll notice how many positive things you were missing just because of negative thoughts. You’ll feel better and stress will be much easier to cope with – or even avoid.

Get help turning off the negative thoughts and replacing them with healthy ones. Visit **healthpartners.com/wellbeing** and choose the *Healthy Thinking* activity after you log in. Or, download the myHP mobile app and select the Living Well icon.