MINDFULNESS OF POSITIVE THINKING
mindfulness

/ˈmɪn(d)ʃ(ʊ)lnəs/

noun

1. the quality or state of being conscious or aware of something.
   "their mindfulness of the wider cinematic tradition"

2. a mental state achieved by focusing one's awareness on the present moment,
   while calmly acknowledging and accepting one's feelings, thoughts, and bodily
   sensations, used as a therapeutic technique.
When we are **mindful**, deeply in touch with the present moment, our understanding of what is going on deepens, and we begin to be filled with **acceptance, joy, peace and love.**

— Thich Nhat Hanh
VeryBestQuotes.com
photo by Cheryl Empey
Mindlessness Pervades Much of Human Activity
The only person you are destined to become is the person you decide to be.

~ Ralph Waldo Emerson~
Negative Thoughts...
What is Happening?
How Full is Your Glass?
Combatting the Negative

- Acts of Kindness
- Yoga
- Meditation
- Positive Journaling/Affirmations
- Take a Mental Photograph
- Visualizing
- Thought Journal
- Finding Unexpected Sources of Happiness/Simple Pleasures
- Practice Gratitude
Resources at USC

- Group Counseling - [http://engemannshc.usc.edu/counseling/groups/](http://engemannshc.usc.edu/counseling/groups/)
- Office of Religious Life - [http://orl.usc.edu/programs/](http://orl.usc.edu/programs/)
- Student Organizations - [http://sait.usc.edu/stuorgs/](http://sait.usc.edu/stuorgs/)
- Student Resource Center – Engemann Student Health Center Room 203
- USC Fisher Museum of Art - Free Yoga - [http://fisher.usc.edu/education/#ecal-913890](http://fisher.usc.edu/education/#ecal-913890)
- USC Wellness – [http://bewell.usc.edu](http://bewell.usc.edu)
Additional Resources

- Authentic Happiness – Martin E.P. Seligman
- Calm.com
- Feelhappiness.com
- Mindful.org
- Mindset: The New Psychology of Success – Carol S. Dweck
- Positivity – Barbara L. Frederickson
- The Power – Rhonda Byrne
- The Secret – Rhonda Byrne
THE WAY TO HAPPINESS:
KEEP YOUR HEART FREE
FROM HATE,
YOUR MIND FROM WORRY.
LIVE SIMPLY,
EXPECT LITTLE,
GIVE MUCH.
SCATTER SUNSHINE,
FORGET SELF,
THINK OF OTHERS.

NORMAN VINCENT PEALE

KatrinaMayer.com