

Monthly E-Newsletter

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Easier said than Done

I'm sure you've heard this before. If you think more positive then you will have more positive experiences. Well, sometimes we find that this is challenging to do. According to neuroscientist Dr. Rick Hanson, our brain "uses two-thirds of its neurons to uncover negative thoughts/experiences". Dr. Hanson, noted that our brain looks to quickly store negative memory. In order for our positive memories to be stored we need to hold onto them longer and intensively in order for them to be held in long-term storage.



Negative Thoughts

Ever heard the phrase, you are what you eat? Well the same concept applies to our brain chemistry. Researchers from the Institute of Psychiatry, Psychology, & Neuroscience found that negative thinking is associated with harmful effects which can impair our brains ability to think, reason, and form memories. Basically leading to long term deterioration.

The science of positive thoughts on the brain

Now lets focus on the brain when we produce positive thoughts. Our brain has the ability of releasing signals into the body based on our thoughts. When we increase positive thoughts/ feelings our brain is able to expand in our creativity and psychological flexibility. Basically, this gives us the ability to control our emotions and be more cognitively aware. Use this article to test your brain's perception and start with this simple question. If the glass half empty or half-full?



You're probably wondering, where can I start? How do we shape our brain to become more positive? Start by taking 5 minutes to reflect and take in the good. Establish more positive core memories by identifying positive experiences and holding them in our minds for at least 30 seconds. Even if it's as simple as noticing the sunset, or enjoying your favorite snack. This is a great start to rewiring your brain.

Gratitude shapes our attitude. This is an impactful change that also shifts your mind. Not just in the simple way of saying thank you, but taking a few minutes to celebrate and reminisce on the moments you've been given. Gratitude has been proven to manage anxiety, increase feelings of self-worth, and can block negative emotions from our minds. When's the last time you practiced gratitude?

Lastly, surround yourself with positive energy. Let those toxic relationships GO. When we surround ourselves with others sometimes we can adapt their energy. Notice your mind and the topic of conversation when you spend time with others. If you notice you start to feel bad, consider shifting your conversations towards more positive/neutral discussions, or simply consider limiting the amount of time spent with them.

Community Events

St. Patrick's
SHAMROCK CONCERT

Saturday, March 16th 7pm-9pm
Matthews Station St. "Late Night Special"

Town of
Matthews
Parks, Recreation &
Cultural Resource

St. Patrick ShamRock Concert
March 16th 7pm-9pm. Be one of the LUCKY ones-- Join everyone in downtown Matthews during the St. Patrick's Day weekend! For more information visit www.matthewsfun.com

Disc Golf for Mental Health: A Fundraising Event

Join the Union County Sheriff's Office and the Behavioral Health Collaborative on March 30, 2024, for a unique fundraising event – Disc Golf for Mental Health. The event aims to raise awareness about mental health and provide a fun, engaging way for residents to contribute to the cause. For more info click [Here](#).