

# Positive thoughts



- Activate the motor cortex. People thinking positive thoughts are 12% more **productive**<sup>(1)</sup>
- Stimulate parts of the brain associated with **creativity** and problem solving<sup>(2)</sup>
- Release endorphins and serotonin which make us feel **happier** and calmer. They reduce pain and help wound healing too<sup>(3)</sup>
- Release oxytocin, the social hormone, which increases trust and reduces fear. Creating stronger **relationships**.<sup>(4)</sup> There are other ways to release oxytocin, for example trusting someone makes them more trustworthy!<sup>(5)</sup>



# A smile

does all the same things<sup>(6)</sup>

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## Curiosity is the only way to increase our intelligence.

When we encounter something unexpected or novel, it releases dopamine, increasing synaptic plasticity, making learning easier<sup>(7)</sup>



Negative words and thoughts induce 'fight or flight', take blood from the brain, closing down the motor cortex and creativity. They raise levels of cortisol and anxiety.<sup>(8)</sup>



Really successful organisations, teams and people use up to five times as many positive words as negative words.<sup>(9)</sup>

# 5x

- 5x more **positive words** than negative words
- 5x more **smiling** than frowning
- 5x more **appreciation** than criticism
- 5x more **'what works'** than 'what's not working'

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