Positive thoughts

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

A smile does all the same things.

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.

Really successful organisations, teams and people use up to five times as many positive words as negative words.

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’
References. Impact of positivity

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