

## How to Cultivate a Positive Mindset

Rather than engaging in "toxic positivity" (which involves faking happiness or dismissing genuine hardships), true positivity is about finding constructive ways to move forward.

- **Shift to Solution-Oriented Thinking:** When life throws obstacles your way, ask yourself, "What is the next actionable step?" instead of dwelling entirely on the problem.
- **Practice Daily Gratitude:** Take time to verbally express or write down things you are thankful for. This rewires your brain to naturally notice the good in everyday life.
- **Filter Negative Self-Talk:** Challenge unhelpful thought patterns (like extreme perfectionism or magnifying minor issues) by treating yourself with the same grace and kindness you would offer a close friend.

## 如何培养积极的心态

与其陷入“有毒的积极”（即假装快乐或忽视真正的困境），真正的积极心态在于寻找建设性的方法向前迈进。

- **转向以解决问题为导向的思维：** 当生活给你设置障碍时，问问自己：“下一步切实可行的措施是什么？”而不是完全沉陷于问题之中。
- **践行每日感恩：** 花时间口头表达或写下你所感激的事情。这能重塑你的大脑，让你自然而然地发现日常生活中的美好。
- **过滤消极的自我对话：** 挑战无益的思维模式（如极端完美主义或放大微小问题），像对待亲密朋友一样，以同等的宽容与善意来对待自己。