

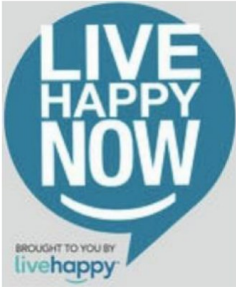


Positive thinking apps – make them habitual parts of your life



Positive thinking can transform your life. While this is a commonly shared opinion, it is also one that is backed by research.

- Studies show that positive thinking is linked with better health.
- Positive thinkers tend to be happier.
- Research from Sonja Lyubomirsky suggests that roughly 40% of our happiness levels are changeable, meaning that our ability to feel happy and think positively is not set at birth, but can be learned.

One way to "learn" this happiness is to practice more positive thinking.

A simple and convenient way to do this is to use an app, and here are some recommendations:

<p>Live Happy</p>	<p>If you would like to learn more about what can make you feel happier and more positive, this is a great app to start with.</p> <p>Have a look at a specific section of activities on optimism as well, which can lead to more positive thinking. These methods are backed by research, some of which you can explore through the explore feature.</p>	 The logo for the 'Live Happy Now' app. It features a blue speech bubble shape containing the text 'LIVE HAPPY NOW' in white, bold, uppercase letters. Below the speech bubble, it says 'BROUGHT TO YOU BY livehappy' in a smaller font.
<p>Happify</p>	<p>This app includes many games and activities that can be practiced on your phone that have been proven effective to help you become happier and more optimistic, and even change your thought patterns.</p> <p>Research has found that 86% of frequent users are happier in two months, for example. They have also found that the percentage of positive emotions the average user experiences tends to increase after regular use and participation in the activities as well.</p>	 The logo for the 'Happify' app. It consists of a white lowercase letter 'h' centered within a circular ring. The ring is divided into five colored segments: orange, blue, red, green, and purple.
<p>Think Up</p>	<p>There is ample evidence that positive affirmations do, in fact, work. Some reviewers have called the Think Up app 'life-changing', and it helps you to incorporate positive affirmations into your life without</p>	 The logo for the 'Think Up' app. It features a white silhouette of a sprout with two leaves, set against a rounded square background with a vertical gradient from yellow at the top to orange at the bottom.

	<p>much of the resistance we normally feel when adopting a new habit.</p> <p>This app allows you to find affirmations to use or to create your own, to set them to music, and to be reminded to focus on them. There are many ways that positive affirmations can help with positive thinking, but this one may work well for those who need a little structure (which includes most of us, doesn't it?) and may help you to stay motivated to continue.</p>	
<p>Thought Diary</p>	<p>The Thought Diary app enables you to track your thought patterns and change them when you see the need. It helps you to catch and change your own negative thoughts, and switch to healthier thinking patterns. This can significantly reduce stress levels, increase happiness and can help you to learn to eventually make these shifts on your own without the app.</p>	
<p>MindShift</p>	<p>This app focuses on anxiety and is geared towards teens and young adults. MindShift helps those who experience general anxiety to learn how to face their fears rather than engaging in avoidance coping.</p> <p>It helps us understand how to face anxiety-provoking situations head-on and manage the feelings that can negatively affect our lives on a regular basis. It is simple to use and has had great results.</p>	

Most importantly, talk about the stress and anxiety you are feeling.