

Positive Thinking and Well Being to Overcome Helplessness

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Abstract:

Individuals undergo lot of stress due to many reasons which include long hours of working, extreme focus on achieving goals, health issues, emotional problems etc. Stress effects both mental and physical wellbeing. Every individual undergoes stress but the levels of stress are different for each individual. Too much of stress will lead to severe mental disorders and make an individual feel helplessness. Extreme work pressure and obsessive feelings and negative thoughts will increase stress. Though stress cannot be measured, it can be felt by the individual. Close associates can identify the symptoms of stress in the individual who is suffering from it. More than the medicines, counselling and social gatherings will help the individual to recover from stress. It is very important to manage stress by tracking physical and emotional responses, establishing boundaries, learning how to relax, talking to well wishers and giving time to yourself. Due to repeated failures, level of stress increases and an individual feels Helplessness, which is a state of mind. Helplessness makes an individual believe that they are unable to control or change the situation and fails to take the opportunities. Helplessness leads to increased negative thoughts and depression. To overcome stress one should have healthy life style and positive thinking. Before taking up the task one should be prepared to accept the result what so ever may be.

Keywords: Stress, helplessness, extreme work pressure, depression, positive thinking.

Introduction:

Thinking: Thinking is defined as cognitive behaviour in which ideas, images, mental representations and other such hypothetical elements of thought are experienced or manipulated. Thinking is both a covert and a symbolic process that allows us to form psychological associations and create models to understand the world. It is considered a covert process because seeing as our thoughts, and the processes behind their formation

are not directly observable. It is considered as symbolic process because thinking operates using mental symbols and representation.

Positive thinking: Positive thinking, or an optimistic attitude, is the practice of focusing on the good in any given situation. It can have a big impact on your physical and mental health. It simply means you approach the good and the bad in life with the expectation that things will go well.

Negative thinking: Negative thinking means thinking negatively about yourself and your surroundings. Negative thinking is something we all engage in from time to time, but constant negativity can destroy your mental health, leaving you depressed and anxious. When you're in negative thoughts you start feeling that you can't do anything.

So it is very important to develop positive thinking.

Positive thinking:

Becoming an optimist is not a very easy process, you cannot become an optimist over a night, it's a gradual process which can be achieved through training your mind in a positive manner. Positive thinking can be developed in the following manner: always believe it's possible, seek solutions not problems, see beauty in every little thing, do the work and make it possible, always be grateful, only focus on what you can control. There are many physical benefits and mental benefits by developing positive thinking. Some physical benefits may include: Lower chance of having a heart attack, Better physical health, Lower blood pressure, Better stress management. Mental benefits include: More creativity, Greater problem-solving skills, Clearer thinking, Better mood, Better coping skills, Less depression.

Learned helplessness:

Learned helplessness occurs when someone repeatedly faces stressful situations, uncontrollable situations and then the person does not exercise control when it becomes available. For example: Below are some examples of situations that can lead to learned helplessness in adults: Continuing to smoke despite several attempts to quit may cause a person to believe that they will always be a smoker. Being unable to lose weight after making various dietary or lifestyle changes may cause a person to believe that it will never happen and give up trying. In fact children may also feel helplessness due to low self-esteem, low motivation, low expectations of success, less persistence, not asking for help, ascribing success to factors beyond their control, such as luck.

The major reasons for a human being to struggle with helplessness are long hours of working, sedentary lifestyle, unhealthy food habits, strive for more possessions, impermanent employment, health issues, emotional problems, extreme focus on achieving goals etc.

Long hours of working:

Long working hours affects health in a negative way. The main reason is the unhealthy behaviour associated with working overtime, and increased alcohol consumption and lack of exercise. Because of working for long hours employees may not have time to seek proper medical treatment when they fall ill. Furthermore, working overtime may induce hypertension, diabetes, and metabolic syndrome and is closely linked to ischemic heart disease, stroke, and increased mortality. In addition to the effects on physical health, it adversely effects on mental health.

Unhealthy food habits:

No person in the world eats perfectly all the time – even dietitians! But if bad habits become common practice, then you end up with weight gain, high cholesterol, high blood pressure and a host of other potential health problems.

Extreme focus on Achieves Goals:

Goals matter. Setting the right goals, having a plan to reach those goals, and following through on what is required to reach or maintain those goals may help you feel greater happiness and fulfilment while reducing stress levels but Goals can also be a source of stress. They can create excessive pressure and make you feel bad when you don't achieve the goals you have set. This is particularly true if goals are unrealistically high or if you don't have a workable plan in place.

Conclusion:

It is true that in today's busy world everyone is undergoing lot of stress which is making them to be victims of learned helplessness but choosing a right way and path will help you to come out of negative thinking and learned helplessness which will strive you to success in the long run.

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