

If you are reading this article you would likely have heard the saying that good and bad are only a perception . It is a simple enough concept, but exceedingly difficult to put into daily

memory processes. One is explicit memory, the kind of memory that can recall an experience or event. It is the form of memory which most people are familiar with and the type of memory which garners most of the attention.

However, human beings have another equally important memory system called implicit memory. It is the type of memory where our body or sensory systems remember, but we do not consciously recall an event or experience which might be linked. If we learned to swim at a young enough age, we might not be able to recall those first experiences of learning to swim. But we do remember how to swim. This would be an example of implicit memory at work. It is important to recognize that negativity can be both conscious and unconscious processes and often is a mixture of the two.

What this all means in its simplest form is the more negativity is allowed the easier it is a m3 he



also helps rid the body of stress. Exercise does not necessarily mean taking up a competitive sport, it can be as simple as going for a daily walk. Doing something active which you enjoy is more likely to see the behaviour stick over time.

It is wise to note that often when we are in negative state, we are not going to feel like doing things. Consequently, we must get into the habit of pushing ourselves to do things, especially in the early days. I am reminded of the people I have worked with who suffered from depression. One of the first things I try and encourage people who suffer from depression to do is to start exercising – exercising is not a panacea and does not cure depression, but it does help. As you can imagine, anyone who suffers from depression is not particularly going to feel like exercising. It is depression after all – The only way they are going to exercise is if they push themselves to exercise even when they do not feel like it. We should not allow negative feelings to dictate our lives even if the feelings are strong.

Trying a brute force approach often ends in failure because we do not consider the complexities involved in trying to change. If we want to overcome negative mindsets, it often takes multiple strategies which are applied to the problem. For instance, a certain amount of awareness is required – know what sets the negative mindset in motion. Then we might have to develop some skill in distracting ourselves. We may have to change our physical response by taking some deep calming breaths. Another skill might be that we must develop our tolerance to uncomfortable feelings. Or we might have to challenge and reframe our beliefs. We must have the intention to push ourselves to combat negative mindsets, but at the same time we must develop the skills needed to help us defeat these unwanted states.

How could you arise anew if you had first not become ashes?  
Friedrich Nietzsche