Benefits of training students to think positively.

There are vast benefits when training students to think positively, but the two main ones are that it reduces stress and improves productivity.

When students think in a negative way, they productivity is not the one expected. Think about a student that always has the mind in a dark place, where their thoughts are nothing more than negative ones. It is more likely that this type of student will be depressed all day, and they will be doing nothing but thinking nonsense. If we think about this example, we can realize that this type of student, a student that thinks negatively, will not be productive all day. Training students to think positively is going to improve their productivity and therefore, they will feel at ease during their daily activities.

However, the benefit that is the most important is that it reduces stress. This benefit is the most important because it includes a lot; for example, this benefit goes hand in hand with the previous one. If one student is feeling stressed because of their thoughts, they consequently will feel less productive. Thus, it is important to train students to think positively to get rid of all the intrusive thoughts and not feeling stressed most part of the day.

To sum up, I would say that the benefit that is more important is that it reduces stress. All in all, training students to think positively is empowering; by putting in practice these benefits students will feel that they have successfully achieved a task without all the intrusive thoughts in their heads.