



How to Overcome the Negativity Bias

It is our human nature to lean towards negative information far more than positive information. This can explain why we often recall and think about insults more than compliments, dwell on unpleasant or traumatic events more than pleasant ones and respond more (emotionally and physically) to negative events. Negativity bias is something we can address, but where do we start?

Self-awareness and challenging negative self-talk

Check in with yourself throughout the day to start to recognise any thoughts that are running your mind - both helpful and unhelpful ones. From here, you can start to tackle these head on, challenging them and replacing them with more useful ones.

What were you thinking before experiencing anger, resentment, or frustration? Was it negativity bias in action, perhaps? How can you replace those thoughts with more positive ones?

Mindfulness: Breathing, meditations, and more

Practicing mindfulness is one good way to become more attuned to your own emotions. Through guided meditations, reflection, and other mindfulness interventions, you can start to observe your feelings and thoughts more objectively.

Try this 20 minute [Mindfulness body scan](#) to relax when needed, a great one to try before going to sleep.

Savor the positive moments

When you stop and take some time to drink in a positive experience, you're savoring it and creating memories for the future. Building up your store of positive mental images and feelings can help you address the imbalance that negativity bias predisposes us to.

The next time you experience or create a positive moment, take a little longer than you usually would to enjoy it. Engage fully in the good sensations, happy thoughts, and pleasant emotions that you feel and make note of what you enjoyed about it. When you go home, why not reflect on what just happened and turn the savoring skill into a habit?

