

# *The Power of Positive Belief in Learning*

## Three useful resources

The world around us is constantly changing and we find ourselves under **greater pressure** to **do more** in less time, to **learn more** quickly and **respond flexibly** to the demands these changes place on our every day lives.

Here are **three useful resources** that can help you to **respond to change** and develop your skills **more effectively** and **efficiently**. Practice them in any learning situation

### 1. Self Belief

. . . that nagging inner voice that sometimes tells us we can't do something, or we are just not good enough. Well, I have news for you! This little demon can be **driven out** very quickly simply by concentrating our efforts on **what we can do**.

**Suggestion** can **improve actual performance** greatly by **unblocking** the negative suggestion that something cannot be done - creating **a belief in success** and **a positive self-image** will **improve your performance**.

### 2. Movement

. . the whole reason that human beings and other animals have a **brain** and **nervous system** is because they move. So, if we want to **use our brains effectively** we need to **MOVE**. When seated for long periods the level of oxygen in the blood stream and the brain decreases. Similarly, the level of adrenalin decreases and if this goes too low we 'switch off'. The quickest way to **change this state** is to **get up and move around**.

My best ideas come when I am out walking, **walking time is creative time!**

### 3. Emotion (fun)

**Laughter strengthens the immune system** and produces endorphins in the blood which are directly responsible for **improving moods** and **reducing stress**. So people who laugh a lot tend to stay healthier and deal with stressful situations more effectively.

Humour also **engages the emotional centres** in the brain and this helps with **memory and retention**. How many situations where you were having a great time can you recall? How many situations when you were having a miserable time can you recall?

Did you know that the average 5 year old **laughs 150 times a day** and the average 45 year old **laughs 5 times a day**?

## *The Power of Positive Belief in Learning by Jan Brause*

Other titles in this series:

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