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6 WAYS TO BECOME MORE POSITIVE TODAY

Each of us has a set of messages that play over and over in our minds. This internal dialogue influences our words, actions, habits, relationships and ultimately, in the words of Lao Tzu, the destiny of our lives. Too often the pattern of self-talk we've developed is negative. This internal seed of negativity causes a dark ripple that extends to all corners of our daily lives. This negative approach to life can become a self-fulfilling prophecy. Although quite simple, the six steps below can make a profound impact on your life, and ultimately create more positivity.

Practice Gratitude

One of the quickest ways to shift your focus away from negativity is to list the things in your life for which you are grateful. Practicing gratefulness can cause almost an immediate shift in your perspective. Keeping a daily gratitude journal can help remind you to keep life's blessings at the forefront of your mind.

Two Steps Forward

Initially, it might be hard to stop the negative flow of thoughts. Be patient with yourself, and first just try to observe your thought patterns. See if you can catch yourself focusing on the negative. When you observe these thoughts, take a moment to counter each negative thought with two positive observations or gratitudes.

Positive Posture

The mind and the body have an intrinsic connection—each has a profound impact on the other. If you are struggling to move your mind into a more positive perspective, try moving your body there first. Try standing up straight, shoulders back, chin held high, stretching your arms out as wide as they can go. Carrying yourself with “positive posture” will encourage your mind to feel more positive as well.

Smile

The simple act of smiling, even if you don't necessarily have anything to smile about, can instantly change the way you feel internally. Try smiling at a co-worker or stranger you pass in the hallway or on the sidewalk. You will be amazed how your mind reacts.

Ditch the Crabs

Surround yourself with positive people. It's hard to maintain a positive perspective if you are constantly pulled down by the negativity of friends, family, or co-workers. It may be time to reevaluate your circle of friends in an effort to be surrounded by uplifting individuals.

Do Something Kind

Stepping outside of your daily routine to help someone else can provide amazing perspective and fill you with positivity. Strive to do one nice thing for someone else each day.

Life is not always easy, and sometimes we get handed a bushel of lemons. However, it is our own perspective that ultimately determines if we will drudge through life puckered and sour, or skip along with a glass of sweet lemonade.

<https://www.psychologytoday.com> (condensed version)

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