

Of Interest

from your

Affiliated Employee Assistance Program

1.800.769.9819
www.affiliatedeap.com

January / February 2007

The Power of Attitude

by Liz Ashe

Some of you may remember parents or teachers saying, "You'd better change your attitude or you won't get anywhere in life." Well, research has proved them right. Many social psychologists have demonstrated that various areas of our life, from health to personal and professional effectiveness, are all significantly affected by our attitude towards life.

Attitude is how we look at and react to our world. While circumstances sometimes lie beyond our control, attitude can be adjusted by changing our thoughts and behavior.

W Mitchell, author and professional speaker (www.wmitchell.com) says, "It's not what happens to you, it is what you do about it." He knows from personal experience. He overcame two life-threatening and life-changing accidents ---the first a fiery motorcycle accident that burned over 65% of his body and left him with a severely disfigured face and no fingers. The second, an airplane crash, that paralyzed him from the waist down. After a period of "why me?" he took responsibility for his own thoughts and actions. Mitchell has a genuine happiness in his heart. He decided not to focus on all he lost and chose to focus on what he still has and still can do.

In the movie "Old Yella," Fess Parker said to his son after his dog died, "Son, this is rough stuff. But we need to try and go on. We can't forget, but we got to go on. Life is like that sometimes. Now and then, for no good reason, life will haul off and knock a man down, slam him into the ground so hard it seems like all his insides are busted. But it is not all like that. A lot of life is mighty fine. We can't afford to waste the good part fretting about the bad. That would make life all bad. Saying it is one thing, and feeling it is another."

Thirteen years ago I met Mitchell personally and I've heard him speak several times and I've read his book. He definitely helped me believe in the power of the mind. Eighteen years ago, I was in a job situation that was very, very difficult and I was so stressed and unhappy, that I got very sick. My attitude became very negative and I was filled with blame and victim thinking. I learned from Mitchell that I was a victim because I chose to be. His message essentially was "You are where you are, because you haven't taken yourself anywhere else."

The desire to take the path of least resistance is strong. I found it was far easier to feel sorry for myself and wallow in misery than it was to take charge and push through life issues and obstacles. Taking charge of my attitude, thoughts and behavior influenced my future and led to a new job. I became a believer that people can change their lives by changing their attitudes.

continued

Are You Ripping Yourself Off?

- I am not the person I want to be but I can't change.
- I make excuses to explain why I don't change or take action.
- People close to me tell me that I need to make changes but I don't.
- My health is suffering.
- I feel frantic and out of control.
- I feel I have no life.
- Things really aren't working in my life and/or career.
- I lose a lot of sleep worrying.
- I spend a lot of time wishing I could do something else with my life.
- Sometimes I feel life is passing me by and have a gnawing feeling something is missing in my life.
- I feel unfulfilled emotionally but don't know why.
- I am not maximizing my potential.
- I am doing things that no longer nourish me.
- I have sacrificed my dreams or put them on hold.
- I don't like my job but feel I have to stay because of the money.
- I deprive myself of pleasurable activities to please others first.
- I am doing things from habit more than because I enjoy them.

If four or more of the above apply to you, you may want to consider taking responsibility for changing your attitude, thoughts and behavior.

Affiliated EAP

- It's confidential.
- It's a free benefit to you.
- It really works.

1.800.769.9819



Of Interest

continued

Attitude Adjustment Ideas

1. Wake up, stretch and be glad for another day! Say, "I'm alert, I'm alive & I feel great!"
2. Cancel your membership to the moan and groan society. Try to go one day without groaning, moaning or complaining.
3. Put your life in perspective and be thankful for what you have. Concentrate on what is working in your life rather than focus on what isn't.
4. Fight negative drift and cancel negative thoughts as soon as they come to you. Don't dwell on the bad. Use any thought stopping technique to change the channel. (Singing helps me change the channel.)
5. Smile and smile more. Laugh a lot!
6. When people ask, "How are you?" Say, "Terrific, Fabulous or Great!"
7. Walk tall and perky, head and eyes up, not down. Sit tall.
8. Whistle and/or sing happy tunes.
9. Surround yourself with positive, up beat and enthusiastic people.
10. Practice positive talk. And try not to get pulled into other's negativism.
11. Think good things about life and people. Let go of jealousy. There is always someone better and someone worse off than you.
12. See the joy all around you. Look for ways to have a series of "Good Times" or "Real Moments."
13. Let go of hates, hostilities and grudges.
14. Make a "Bummer Buster" or "Prescription for the Blahs" list. This is a list of things you really enjoy doing and make you feel good. The next time you feel down, do something on the list.
15. Get a cause bigger than yourself. Spend some of your time doing something for others or visiting others less fortunate than yourself.
16. Set a goal or plan for the future. Positive Attitude = Goals = Action = Personal Power.
17. Exercise, Exercise, Exercise.
18. Keep a success file. When things look grim, you can refer to it and praise yourself. This also helps when you need to up-date your resume.
19. Listen to your body's warning signals and take time out. When feeling stressed, do something to feel better such as relaxation. Know when you feel out of sorts. On negative attitude days, watch what you say and do.
20. Keep your body strong and healthy. Make wise choices about what you eat and drink.
21. Simply stop positive attitude takers.
22. Simply start positive attitude makers.
23. If all else fails, go to bed. Tomorrow will be a better day.

Positive Attitude Takers

- It will never work.
- This place is the pits!
- We've tried it before.
- Things will never change.
- It's not like it used to be.
- I'm not changing.
- Nothing ever goes right.
- I didn't have enough time.
- It's impossible.
- No one ever asks what we think.
- I hate Mondays.
- No one appreciates what we do.
- Whose big idea was this anyway?
- I dread coming in here everyday.
- Things will never get better.
- I can't control my thoughts and behavior.
- I'm a victim of my circumstances.
- I can't deal with all life's obstacles.
- I am powerless to change my life

Positive Attitude Makers

- Let's try it.
- I want it to work here.
- Together I know we can do it.
- People do care here.
- It's going to be a great change.
- I see a lot of good things happening.
- I'll make time.
- Change can be an adventure.
- We need to try new things.
- It's a lot of hard work, but it's going to be ok.
- You can count on my help.
- I'm glad I know now.
- I'd be glad to do it.
- Things are rough now, but will get better.
- I choose my thoughts and behavior
- I see obstacles as stepping stones.
- I have the Power of Choice to make changes in my life.

**If you are still having problems,
your EAP is here for you.**

1.800.769.9819

