



JOAG Tip of the Month

December 2020

Start the New Year with a **POSITIVE** Attitude

“Attitude is a little thing that makes a big difference.”
~Winston Churchill

2020 has been a unique year with a myriad of events and changes impacting most of us. Despite how our lives were affected in 2020, let us take the time to reflect on the good things – the positive aspects in our personal lives as well as the world around us, and start 2021 with a positive mindset.

“Wherever you go, no matter what the weather, always bring your own sunshine.”

~Anthony J. D'Angelo

Having a positive attitude can benefit our health. Optimists often have lower levels of stress, are more productive, and cope better in stressful situations. Positive thinking means that you face adversity in a more positive and productive way.

Health benefits of positive thinking may provide:

- Longer life span
- Less depression
- Better resistance to the common cold
- Improved psychological and physical well-being
- Better cardiovascular health and lower risk of death from cardiovascular disease
- Better coping skills during stressful times

“The purpose of life is to contribute in some way to making things better.”

~Robert F. Kennedy

Ready for change? Identify areas in your life that you may usually think negatively about—work, finances, your commute, a co-worker—and focus on approaching one of these areas in a more positive way.

“Attitudes are contagious. Is yours worth catching?”
~Author Unknown

Suggestions for Staying Positive:

- **Start and end each day with gratitude.** Begin your day with thoughts of gratitude—what are you thankful for? At the end of the day, take a moment to reflect on good things that happened that day. Keep a gratitude journal to remind yourself of the good things that happen in your life. Always remember to say thank you!
- **Smile & Laugh.** Laughter and smiling can be contagious; they feel good, bring us energy and spread goodwill.
- **Give of your time, talents & treasure.** Giving connects us with others and helps us feel part of something more than just our daily lives. When we give, we fill our hearts and souls, and feelings of positivity may come into our life.
- **Keep learning.** Learning keeps our minds clear and helps create a sense of pride in ourselves, our abilities, and our accomplishments.
- **Work hard & be nice.** If you lead by example by working hard and making people feel supported and appreciated, they will make you feel the same way.
- **Exercise.** Staying active releases endorphins that can enhance your sense of well-being. Exercise can take your mind off worries, help you gain confidence, and cope in a healthy way.

References:

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