



# Developing a Positive Attitude

Your attitude plays a huge part in how you look at life and how you handle the situations you are faced with.

Though you can't always control what happens to you, you **can** control your attitude toward life events. The sooner you start incorporating the tips below, the sooner you can start feeling the positive benefits in your life!

Your attitude is up to you. We can be our own worst enemy when it comes to attitude. If you don't think you deserve to be successful, you never will be. Whether you think you can't do something, you'll be right. The great news is that with a conscious effort, you can change a negative attitude into a positive one. Although it may take time and effort, you can learn to control your attitude.

**Rise and shine!** Get up a bit earlier and take a short walk in the morning. Fifteen minutes of fresh air is a great way to feel uplifted and mentally prepared to start your day.

**Stop a bad day in its tracks.** Just because you woke up on the wrong side of the bed doesn't mean your entire day is ruined. Make an effort to change your attitude early and don't let it set the tone for the rest of the day. Take a moment to think about something good that could happen and have a positive outlook. And remember, when things aren't going well, tomorrow is a brand new day.

**Develop positive friendships.** It's difficult to maintain a positive attitude when your support group is negative. Negativity spreads rapidly, so steer clear of negative people.

**Enjoy a hobby.** It's important to have a hobby or enjoyable activity that you can fall back on when things get tough or you've had a long, hard day. Most hobbies allow you to relax and disengage yourself from the day's routine.

**Get out of your rut.** If you feel like something is missing from your life, you may just need to add something to it! Try something new. Learn a new sport or take a cooking class. Doing something different is a great attitude pick-me-up.

**Be good to yourself.** You can be your own best friend or worst enemy. Make sure you eat well and get enough rest. Stress and bad habits are enough to get anyone down.

**Look at the bigger picture.** One of the best ways to improve your attitude is to take a reality check. Is your life really so bad? Look around you and chances are you'll find things you can be grateful for and your attitude will improve.

**Ask for a help.** If you are trying to improve your outlook, ask a friend or family member to tell you when you're slipping back into old habits. A gentle reminder to look on the bright side may be all you need.

## Resources Are Available

Additional information, self-help tools and other resources are available online at [EAP4YOU.com](http://EAP4YOU.com). We also encourage you to give us a call anytime for help. Our support staff is available 24 hours a day, 7 days a week to provide assistance at no cost to you. Reach out, we are here for you!