

July 27, 2021

Good morning and happy Monday team!

As promised, this is the first day of the Motivational Monday email. I will be using The Positive Thinking Workbook by Alexa Brand, MS, LMFT, to walk you all through staying motivated at work. The goal with these emails is to promote positivity and help reduce burnout. There are many days that we feel we are “just going through the motions.” Let’s try to be mindful and present every day, even at work! I want you all to think about what it means to be positive and what that looks like in your life.

Let’s first start by defining **positive thinking**.

Positive thinking is a mental tool we can use to shift from a negative, harmful mindset to a more positive, self-compassionate one.

Try to focus on these 3 cognitions to help with positive thinking:

Self-talk: The way you talk to yourself in your head (I’ve got this! I love this job! Today is a great day!) It is truly amazing how self-talk can change our mood in an instant. Let’s remember to be kind to others but also OURSELVES.

Perceptions: The views and interpretations that you hold of the world are about anyone or anything. When you start to embrace a more comprehensive, thoughtful approach to your perceptions, you can open your mind to a more positive thought process.

Narratives: The long-term stories your mind tells you about you and the world play a huge role in how you interact with others. Narratives are originated by external sources starting at birth and become stronger over time. Shifting your narratives with empathy will promote greater truth and mental peace.

What is **your** relationship to positive thinking?

	Negative Mindset	Positive Mindset
When one thing goes wrong in my life...	I tend to let it snowball into feeling like everything is going wrong.	I embrace it as a challenge to overcome and grow through.
When I think about the future...	I tend to think it looks bleak.	I tend to think it looks promising.
When it comes to time...	I always fixate on the past and/or future.	I give myself space to be in the present moment.
When thinking of others...	I am more likely to criticize them.	I am more likely to compliment them.
When plans become interrupted or shifted...	I tend to get frustrated.	I tend to be easygoing.

Benefits to positive thinking

- Numerous health benefits
- Stress management
- Better relationships
- Live a happier and more fulfilling life

Positive thinking can change your life if you let it: You are the only one who can shift your mindset. No one can force you to change. You are in control of your mind's destiny. **Take that chance on yourself.**

"A positive thinker sees the invisible, feels the intangible, and achieves the impossible."
– Winston Churchill

Peace,
Maggie

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