

Quick Tips for Keeping a Positive Attitude

A positive attitude or optimistic outlook doesn't just make you feel better. It can strengthen your relationships with friends, family, and co-workers and make it easier to deal with everything from a bad day at work to a major life change. A positive outlook isn't just something that you're born with—it's a skill that you can learn. Here are some tips:

Practice talking back to yourself. Try to turn your negative thoughts into positive ones. Instead of thinking, "I'll never make it to the end of my shift," say, "I can do this. And at the end of the day, I'll go for a long walk to reward myself for getting through this crunch." When you have a problem, tell yourself, "I'll find one small thing I can do that will help. Things are going to get better."

Spend time with optimistic people. Moods can be contagious, and negative thinking spreads quickly, especially at work. If you spend time with people who have a positive outlook, you may start thinking more positively, too.

Keep learning and growing. Learning new things—whether it's how to fish or use a new software program—gives you confidence. Try something new whenever you can, and avoid thoughts that begin with, "I'm too old to . . ." or "I don't have enough time to . . ."

Make time for the things that make you happy. Whether it's spending time with friends, going to the movies, listening to music you love, or just playing with your kids or dog, make the activities you love to do a priority.

Bring more humour into your life. A sense of humour is a great stress-buster. Spend time with fun people, share jokes with friends on social media, or watch funny movies at home.

Get moving. Moderate-to-vigorous exercise triggers the release of endorphins, natural feel-good chemicals in the brain. Getting your endorphins going can lead to an overall positive feeling in your body that your attitude will reflect.

Have things to look forward to, whether it's a weekend get-together with family, going to the gym after a tough day at work, or calling a friend you haven't talked to in a while.

Practice gratitude. Spend a few minutes each day reflecting on the good things in your life or sharing them with a friend or relative. Try keeping a gratitude journal.

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