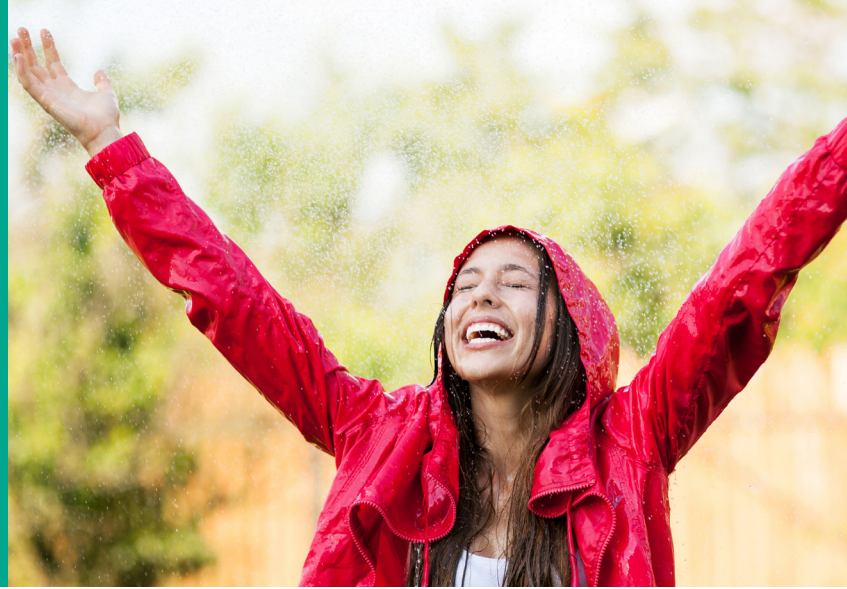


How many positive behaviors can you check off?



When you spend time with someone who's down in the dumps, it can make you feel negative too. The same goes for being around positive people: You're likely to feel more upbeat.

Mood and attitude can be very contagious. Whether your "vibe" is negative or positive, it impacts you and others, too.

Positive thinking checklist

Here are some good tips to help you develop a more positive attitude:

1. Get out of bed in the morning thinking of something enjoyable you plan to do each day.
2. Do something kind for someone else. It'll make you feel good and take your mind off your own issues.
3. Silence the inner critic that feeds you negative messages about yourself.
4. Make friends with people who radiate positive energy.
5. Write down three things you're thankful for each night before bed.
6. Choose to be optimistic.

The last tip is the most critical

It's a fact: You can consciously choose to be a positive person. While other upbeat people may lift your spirits for the moment, no one else can really "make" you happy. You're the only one with that power.

Once you make the commitment to happiness, you may find that more good things seem to come your way. Why? Without thinking, you'll be filtering out the negatives and noticing the positives more.

Will bad things still happen? Yes, real life has ups and downs. But when you're fortified with a positive attitude, the negatives don't typically hit as hard.

There's no better time than now. Don't wait. Start today. Each step you take will make the next one even easier.

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