

THE POWER OF POSITIVE THINKING

By Judith S. Parnes, L.C.S.W., C.M.C.

Studies have shown that a positive attitude can lead to greater productivity and help us stay healthy and heal more quickly. Learning to channel our thoughts in a more positive direction can improve our interactions with others and lead to more satisfying and enhanced quality of life.

Are you a positive thinker? We can all benefit from a periodic self assessment of our attitude and how we present ourselves to others. Here are a few questions that may help you decide if it's time for an "attitude adjustment."

Do you feel good about your work and personal life?

Do you usually expect a positive outcome or often fear that the worst will happen

Are you excited/energized by challenges, or do you feel overwhelmed and anticipate defeat?

Do you often overreact to minor annoyances or criticisms?

Do you surround yourself with people of good humor, or are you drawn to those who constantly complain?

If your answers reveal a trend toward negativity, it may be time to begin the journey to more positive thinking. We have the power to control our mind, even when we feel we can not always control our life circumstances. Cultivate an attitude of gratitude. You can chose happiness, it doesn't choose you.

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