



Positivity: How it can Impact Your Own Wellness & Your Program

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Natalie

**We cannot thank you enough
for all you've done for us!**

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Our Plan for Today

01

Where We Are As A Group

- Are We Well?
- Are We an Inherently Positive Group?
- Are We Taking Care of Ourselves?

02

Professional Positivity

- Tools and Opportunities to focus on positivity and well-being in our professional roles

03

Personal Positivity

- Tools and Opportunities to focus on positivity and well-being within ourselves

04

Idea Sharing

- What are some ideas and ways we as a group keep ourselves positive & well



DISCLOSURE!



Toni & I are NOT naturally positive people!!

Being positive doesn't mean you don't ever have negative thoughts.

It just means you don't let those thoughts control your life.



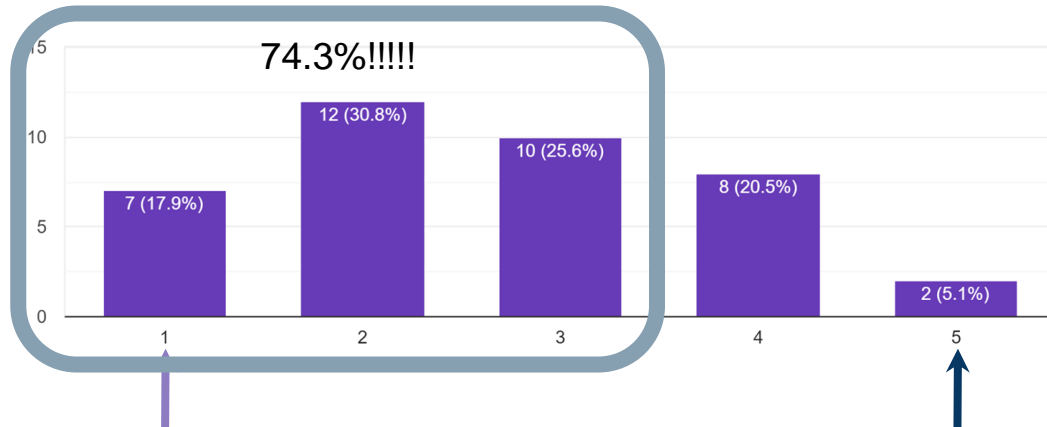
01

Where We Are As A Group

- Are We Well?
- Are We an Inherently Positive Group?
- Are We Taking Care of Ourselves?

Are Program Managers Generally Well?

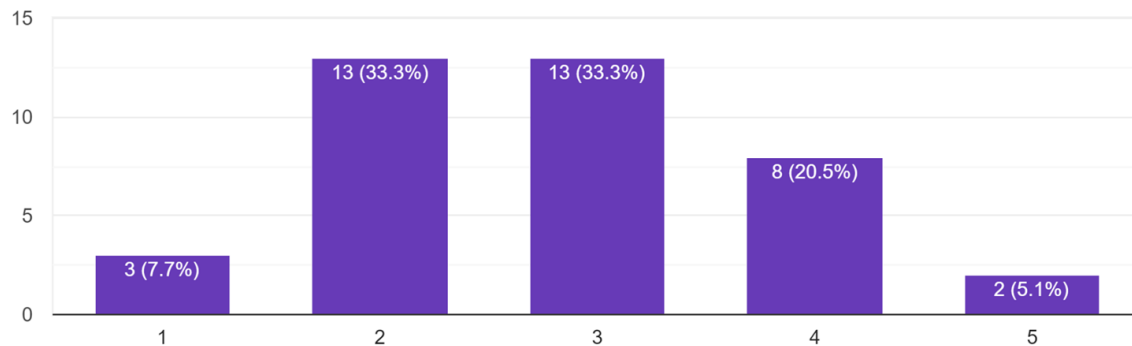
How would you rate your overall sense of well-being
39 responses



Can We Keep It Positive?

How would you rate your overall ability to reframe a challenging interaction or experience into an opportunity to focus on something positive

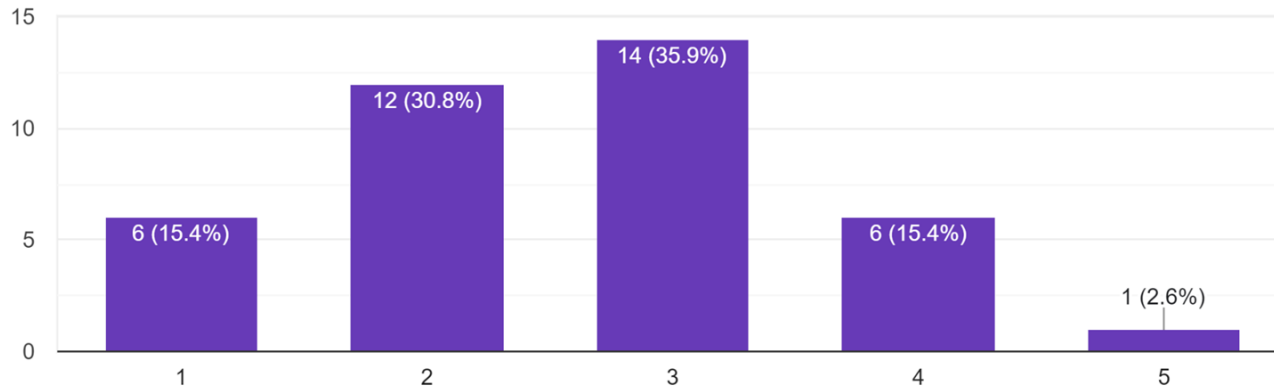
39 responses



Are We A Positive Bunch?

How would you rate your overall sense of happiness and positivity

39 responses



Your General Sense of Wellness and Positivity in Your Role in ONE WORD



Whole

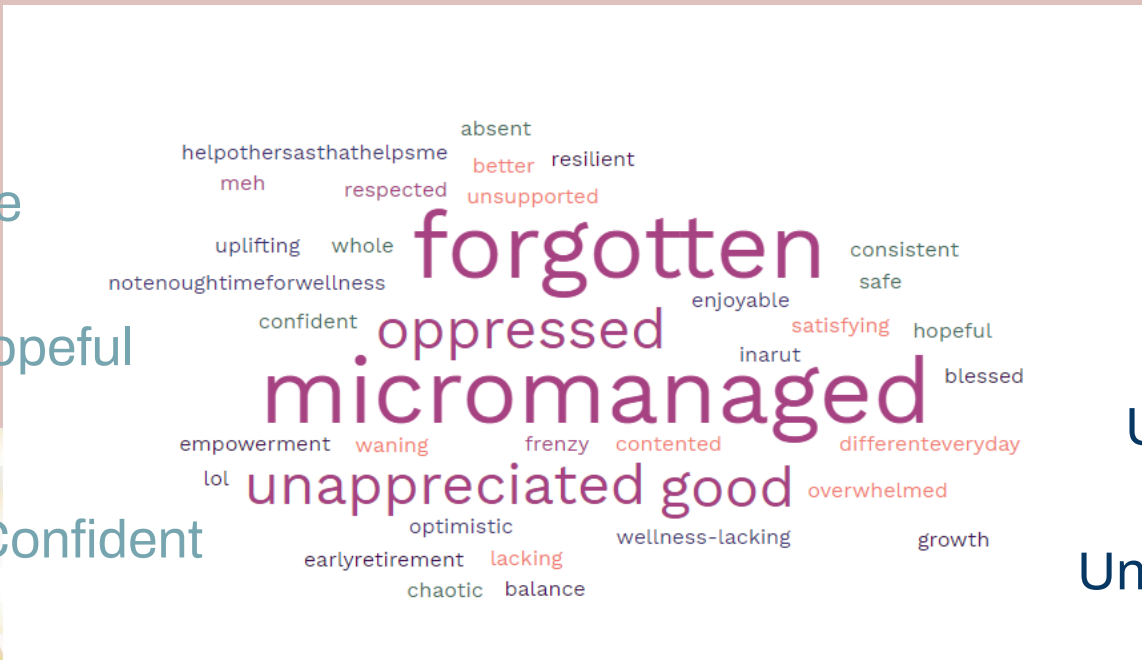
Balance

Hopeful

Confident

Growth

Resilient



Absent

Forgotten

Unsupported

Unappreciated

Oppressed

Micromanaged



02

Professional Positivity

- Tools and Opportunities to focus on positivity and well-being in our professional roles

“Choose your battles wisely. After all, life isn't measured by how many times you stood up to fight. It's not winning battles that makes you happy, but it's how many times you turned away and chose to look into a better direction. Life is too short to spend it on warring. Fight only the most, most, most important ones, let the rest go.”

~ C. JoyBell C

Know Your Person

- It's OK to need to “Bark It Out” just know who to do it with and make sure it isn't EVERYONE
- Identify a colleague you view as an ally and a “safe space”



Surround Yourself With Supportive People

- Spend your time with people that lift you up and challenge you to do better
- “I will not allow anyone to walk in my mind with dirty feet” - Gandhi
- You can't always pick your co-workers, but you can be cautious about the time you spend with them and in what setting

Know When to “Put It In The Boat”

- “You only have so much emotional energy each day. Don't fight battles that don't matter

Pick your battles.
You don't have to show up
to every
ARGUMENT
you're invited to.
- Mandy Hale

- 
- **Focus on the positive**
 - **Will you put your energy into the challenges or the opportunities**
 - **Reflect on your pits and peaks**
 - **Challenge yourself to view your pits as learning opportunities**
 - **Assume good Intent**
 - **Have an Encouraging Attitude**
 - **Be Self Aware**
 - **Keep Yourself Accountable**
 - **Assume Responsibility & Choose Your Response**
 - **Enabling your own behavior does not inspire growth**
- 

Friendly reminder that
"doing your best" does not
mean working yourself
to the point of a
mental breakdown.

@PeacefulMindPeacefulLife



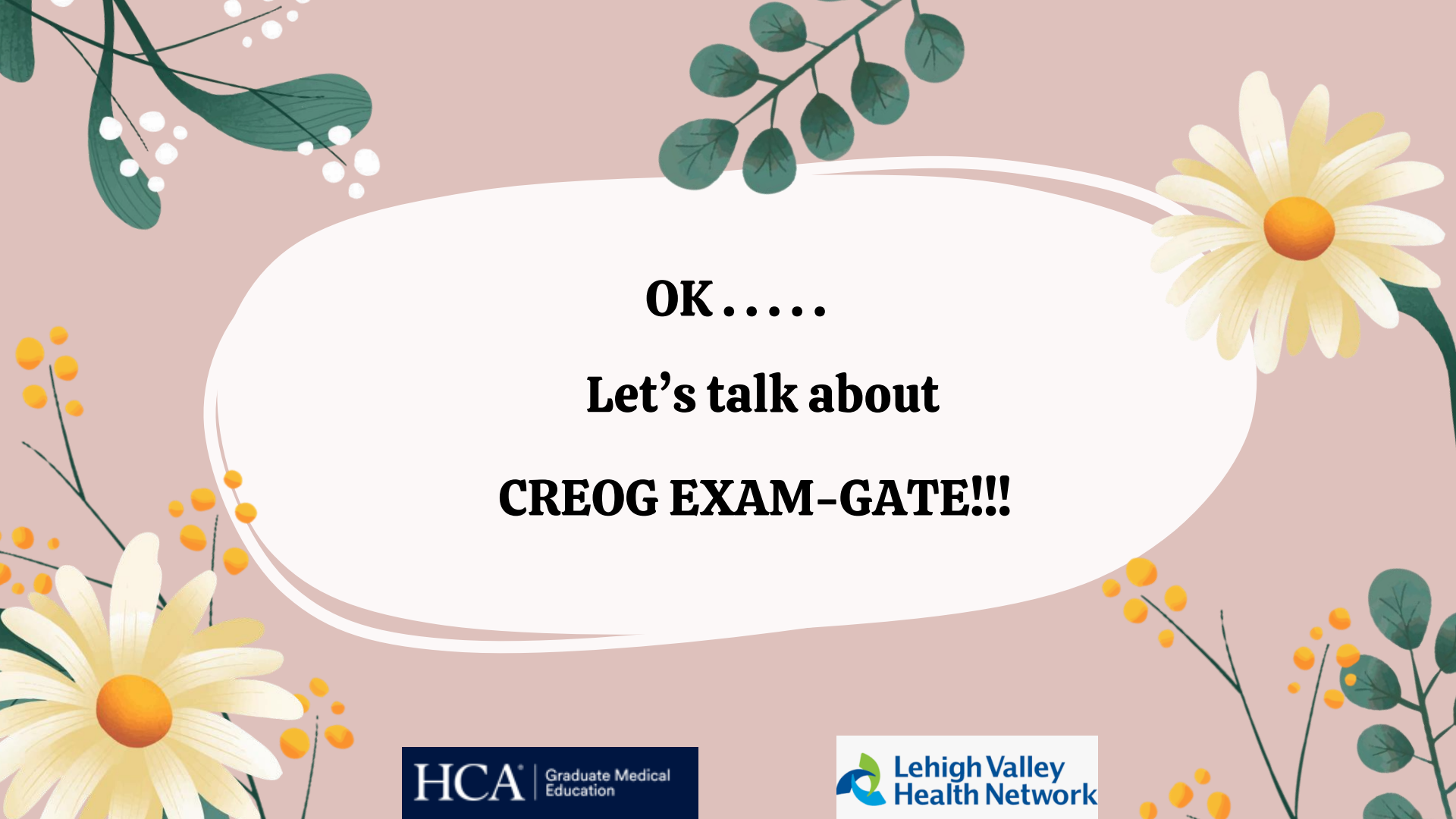
Take Control of your state

- Control Your Language
- Power in the PAUSE
- Breathe deeply
- Remember no one owes you anything

Don't get "stuck in the moment"

- When short term is tough, think long term
- What are your goals
- What are you accomplishing to work toward

them



OK.....

Let's talk about

CREOG EXAM-GATE!!!

7 RULES OF LIFE

1. LET IT GO

NEVER RUIN A GOOD DAY BY THINKING ABOUT A BAD YESTERDAY.

2. IGNORE THEM

DON'T LISTEN TO OTHER PEOPLE. LIVE A LIFE THAT'S EMPOWERING TO YOU.

3. GIVE IT TIME

TIME HEALS EVERYTHING.

4. DON'T COMPARE

THE ONLY PERSON YOU SHOULD TRY TO BEAT IS THE PERSON YOU WERE YESTERDAY.

5. STAY CALM

IT'S OKAY NOT TO HAVE EVERYTHING FIGURED OUT. KNOW THAT IN TIME, YOU'LL GET THERE.

6. IT'S ON YOU

ONLY YOU ARE IN CHARGE OF YOUR HAPPINESS.

7. SMILE

LIFE IS SHORT. ENJOY IT WHILE YOU HAVE IT.



03

Personal Positivity

Tools and Opportunities to focus on
positivity and well-being within ourselves

Positivity: Is it easy? NO!

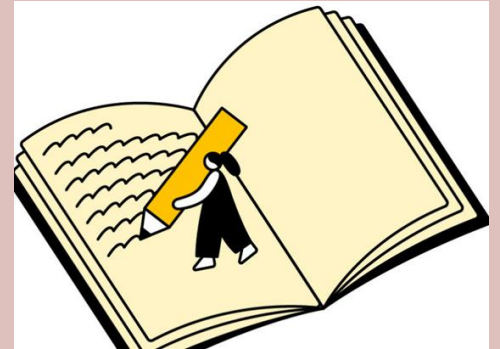




You don't have to be positive all the time. It's perfectly okay to feel sad, angry, annoyed, frustrated, scared or anxious. Having feelings doesn't make you a negative person! It makes you human.

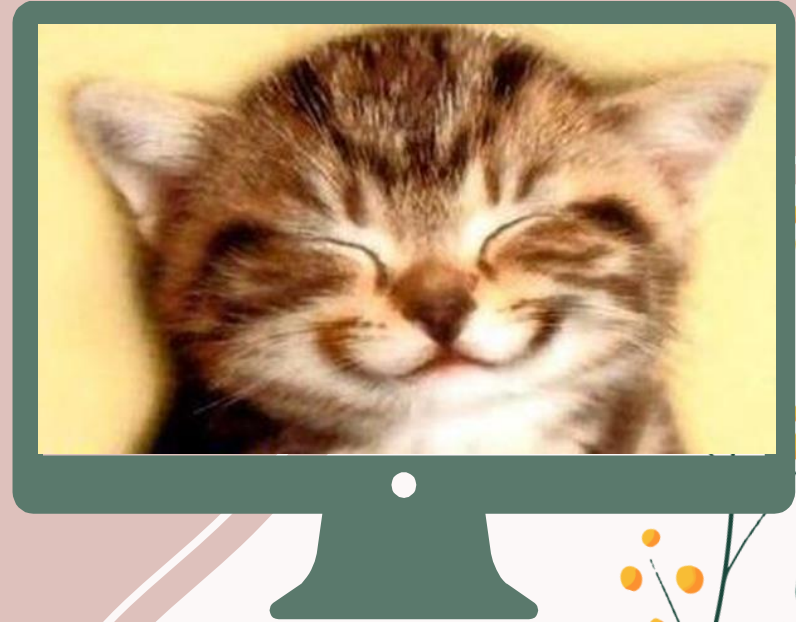
Good Days Start With Gratitude

- Be as specific as possible
- Elaborate the details
- Focusing on people has more impact than things
- Try subtraction – not just addition
- See good things as “gifts”
- Repeat and write regularly



Practicing Positive Thinking

- Let it be – Focus on the good things
- Grace – Tomorrow is another day
- Ignore them – Spend time with positive people
- Don't compare – Practice self-talk
- Stay calm – Know you will get there
- It's on you – You are in charge
- **SMILE!**



Positive Thinking = Health Benefits

- Increased life span
- Lower rates of depression
- Lower levels of distress and pain
- Better psychological and physical well-being
- Better cardiovascular health and reduced risk of death from cardiovascular disease and stroke
- Higher energy levels
- Better quality of life



How to Avoid Toxic Positivity

What is toxic positivity (noun)?

The excessive and ineffective overgeneralization of a happy, optimistic state across all situations. The process of toxic positivity results in the denial, minimization and invalidation of the authentic human emotional experience.

Sounds like:

Good vibes only
Just need to hustle harder
The bad only makes you stronger
No excuses

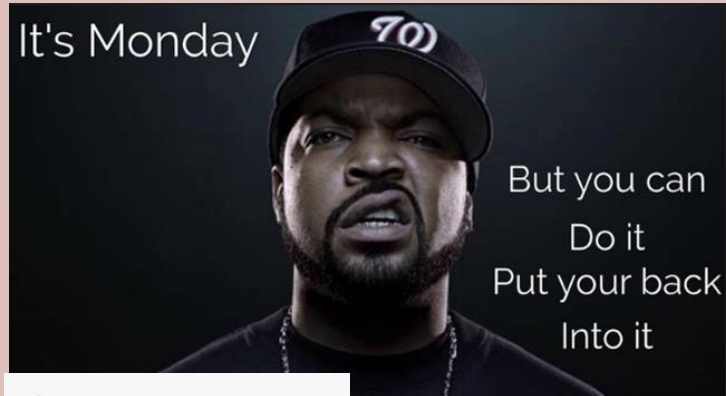
Instead, let's try:

All feelings allowed
It's ok to rest
That sounds really hard, I hear you
How can I support you?



Create a Ritual for How to Start Your Day:

- Tell yourself that it's going to be a great day or any other positive affirmation.
- Listen to a happy and positive song or playlist.
- Share some positivity by giving a compliment or doing something nice for someone.



Become Aware - Make a Choice

A positive attitude can be contagious . . .
so can a negative attitude!

You won't be able to undo years of pessimism and negative thoughts overnight, but with some practice, you can learn how to approach things with a more positive outlook!!





04

Idea Sharing

What are some ideas and ways we as a group keep ourselves positive & well



How **YOU** Focus on Your Personal Wellness

Walk

Schedule ME time in the evenings

Use sick time

Participate in OU LiveWell Program

Always move forward

PTO

Remind myself I am enough

Run or jog

Workout

Play the piano

Vent to my partner

Stretch

Mini breaks

Fresh air

Read a book

Take a brain break

Tomorrow is a new day

Watch a movie

Set boundaries

Spend time with friends & family

Self awareness

Yoga & margaritas

Take vacation often

Forming relationships with other
Program Managers

Meditation

Have lunch with staff

Resources

- Mayo Clinic Healthy Lifestyle – *Positive Thinking: Stop negative self-talk to reduce stress*
- Impact Community Action – *6 Tips to Train Your Brain to Be More Positive*
- Berkeley Greater Good Science Center – *Gratitude Journal*

