

Chaplain's Spot

How to Stay Positive: Smart Habits – Part 1

by Henrik Edberg



“Having a positive mental attitude is asking how something can be done rather than saying it can’t be done.” **Bo Bennett**

1. Find the optimistic viewpoint in a negative situation – ask:

- What is one thing that is positive or good about this situation?
- What is one opportunity within this situation?

2. Cultivate and live in a positive environment - Try asking:

- Who are my 3 most negative people or sources I spend time with?

Think about how you can start spending less time with these, and more time with one of the most positive sources or people in your life.

3. Go slowly - If I slow down, by walking, talking and eating slower – then my mind & body calms down too. I can think clearly again and positively.

4. Don't make a mountain out of a molehill - A simple three step way to handle stressful situations so they don't get out of hand is to:

- **Say stop.** In your mind, shout “STOP!”
- **Breathe.** Sit down and just be still. Focus on your breaths.
- **Refocus.** Talk to someone. Will this matter in 5 years?

5. Don't let vague fears hold you back from doing what you want - I ask myself this: honestly, what is the worst that could happen?

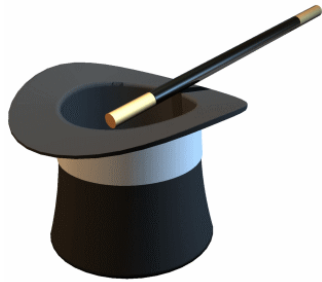
Quote of the week: I couldn't repair your brakes, so I made your horn louder.– [Steven Wright](#)

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Pastoral care for our community, Tuesdays, Thursdays & Fridays.

The Chaplaincy program is funded through Federal Government & Community support including; “Inspire! School Chaplaincy Network”, CCCVaT, Great Ryrie Primary School Council and local private and community donations.

Advance notice – Chaplaincy events

Friday 27 July: Magic Shows @ 4.30 and 6.30 with dinner for sale between the shows. Ric Cutler will also have magic tricks for sale.



Saturday 4 August: Ringwood East market BBQ. Please email the Chaplain if you can help for an hour or two on the day.