

Chaplain's Spot

How to Stay Positive: Smart Habits – Part 2

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**

6. Add value and positivity to someone else’s life - The way you treat others tends to have a big effect on how you treat yourself.

7. Exercise regularly and eat and sleep well - A good night’s sleep or good workout can reduce tensions, & I can think clearly I am not hungry.

8. Learn to take criticism in a healthy way - One of the most common fears is the fear of criticism. I usually use four steps.

- **Step 1: Don’t reply right away.** Calm down before you reply.
- **Step 2: Really listen.** Is there one thing I can learn from this?
- **Step 3: Remember that the criticism isn’t always about you.**
- **Step 4: Reply or let go.** Don’t take it personally.

9. If something gets ‘under your skin’ - Two things have helped me:

- **Let it out.** Talking it over with someone close can be very helpful.
- **Improve your self-esteem.** Things don’t ruin my day as much.

10. Start your day in a positive way - Move slowly, have an uplifting conversation, read or listen to inspiring articles or podcasts.

11. Mindfully move through your day - When you spend your time in the present moment, it becomes easier to access positive emotions.

Quote of the week: Why do stores that are open 24/7 have locks on their doors?

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

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