



CANADIAN VETERINARY  
MEDICAL ASSOCIATION  
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DES MÉDECINS VÉTÉRINAIRES



## Plan Administrator

Western Financial  
Group Insurance Solutions

777 Portage Avenue  
Winnipeg, Manitoba R3G 0N3  
Telephone: (204) 943-0331  
1-800-665-8990  
Fax: (204) 943-5531

## Website

[www.canadianveterinarians.net](http://www.canadianveterinarians.net)



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# EMPLOYEE BENEFITS

## Positive Attitude, Its Contagious!

What is attitude? On the surface, it could be described as the disposition we display to others. Believe it or not, attitude is contagious. A positive attitude gives energy to you and to those around you. On the other hand, a negative attitude drains your energy and the energy of those with whom you come in contact.

It's really not surprising that many people have a negative attitude, when you consider that negative statements are all around us.

### How can you develop a more positive attitude? Here is a roundup of tips worth considering:

- **Give your appearance the attention it deserves.** Bear in mind that a negative self-image can lead to a negative attitude.
- **Monitor your self-talk.** Do you say critical and negative things to yourself such as "I'm always making errors," or "That's just my luck"? The more frequently these negative thoughts are repeated, the stronger they become.
- **Feed your mind positive thoughts.** Why not resolve to read at least one motivational or inspirational book each month? Or, if you prefer, listen to tapes that provide a positive message.
- **Change your vocabulary.** Instead of saying you are "angry and upset," say, "I feel myself getting a 'bit peeved'." Our choice of words can not only lower the intensity of our negative emotions, but it can also intensify our positive emotions.
- **Keep a record of the positive things in your life.** If you like to keep a diary or journal, you may find it helpful to record positive things. In other words, use your journal to count your blessings.
- **Let nature replenish your inner resources.** Even a few fleeting moments enjoying the beauty of a sunrise or a sunset, can give your spirits the lift they need.
- **Share your positive attitude by encouraging others.** Never miss an opportunity to compliment people on their achievements, their work or their appearance.
- **Vary your routine.** Probably, the most common way to add variety to life is to take a vacation. Often, even small changes such as taking a new route to work, eating at a different restaurant or shopping in a store you've never been to, can make a difference. Tackling something new can also revitalize your attitude. If you have always wanted to learn Spanish, become a computer whiz or take up golf, decide right now to do it!
- **Lighten up!** Seek out a comedy for that next movie or play or TV program. You may also find it is fun to keep a scrapbook of humorous cartoons and sayings.
- **Take time out for yourself on weekends.** A day devoted to ourselves – no strings attached – can be a wonderful morale booster. This is not selfishness; it is just good mental health.

What all of these tips have in common is the recognition that attitude is not a mysterious force over which we have no control. It is a simple, but powerful fact, that one of the things over which each of us has control is our attitude. **Source - Warren Shepell ([www.warrenshepell.com](http://www.warrenshepell.com))**