<u>**Positive Thinking**</u>

The Theme for this month is **Positive Thinking**.

Positive thinking is having an optimistic attitude and focusing on the good.

Nurses are positive thinkers! We encourage patients to take deep breaths and get out of bed after surgery so they can get home sooner. Even during the pandemic nurses found positivity by drawing a smile on their masks or stopping to watch the sunset with a patient. They joined in the "Clap outs," cheering for their patients as they were being discharged from the hospital after beating COVID-19. During these happy patient discharges, songs with positive messages were played throughout hospitals such as "Here Comes the Sun" by the Beatles, "Gonna Fly Now" made famous by the movie "Rocky", "Don't Stop Believing" by Journey, and of course "Happy" by Pharrell Williams.

If we stray from positivity, remember: *When life gives you lemons, make lemonade*. Like many, I sometimes ruminate and dwell on life's struggles, but am trying to remain much more positive. As I wake up each day I try to start with a positive intention or thought, and then at the end of the day being thankful for all of the joys in life. However, it is a struggle to remain positive when challenges arise such as when feeling down or rejected because [*fill in your struggle]* for me it is when a manuscript or abstract is not accepted. But then remind yourself what you would say to a friend or colleague regarding their struggle. In my situation, I remind myself of what I say to colleagues when their manuscripts or abstracts are not accepted, "Resubmit! There is a journal for your manuscript!"

Now see if you are a positive or negative thinker - https://www.mindtools.com/pages/article/newTCS_89.htm

Here are TEN tips to foster Positive Thinking:
1. **Start conversations with a positive thought.** When someone asks, "How was your day?" focus on something positive that happened, such as "I had a lovely walk in my neighborhood after work," instead of saying "I was so busy today and didn't get enough work done."
2. **Just SMILE** ☺
3. **Be mindful - appreciate each moment and consider Meditation –** Try *Insight Timer* which is a Free app with many guided meditations.
4. **Reframe your situation.** Look for the positive in each situation. When I am in a traffic jam due to an accident, I remind myself to be grateful that I was not in the accident. I also try to use the time sitting in traffic to listen to music.
5. **Practice random acts of kindness.**
6. **Keep a Gratitude Journal,** writing down five things you are grateful for each night, **and consider writing a Gratitude Letter to someone you never had a chance to thank.**
7. **Be good to your body – Get sleep and exercise.** Going for a walk outdoors has been shown to boost positive thinking.
8. **Practice positive self-talk –** Instead of thinking "I didn't teach my patient about his new medication today." Try "I started my patient's IV on the first attempt."
9. **Take Your Sunshine Vitamin** - Vitamin D increases serotonin, the mood neurotransmitter.
10. **Listen to your favorite happy songs.**
11. **Watch Ted Lasso on Apple TV+ and be inspired with his positivity.**

As nurses we are leaders, and we need to remain positive. Take time to watch "Be Positive" by Jon Gordon: https://www.youtube.com/watch?v=1R2QlAnKTDw

If you would like to enter to win Jon Gordon's best-selling book, *The Energy Bus: 10 Rules to Fuel Your Life, Work, and Team with Positive Energy,* email healthynurse@njsna.org

Lastly, consider the words of Abe Lincoln:
"We can complain because rose bushes have thorns or rejoice because thorn bushes have roses."
and Lou Holtz:
"Things have a way of working themselves out if we just remain positive."

Cheers and best wishes on your Healthy Nurse journey!

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