

5 Tips for Staying Positive

Staying Positive in Troubled Time

Anyone worth their business salt is being challenged in today's economy. There is no doubt we are living in challenging times, in all areas. So much about our world is being re-defined, it's not difficult to understand how so many feel uncertain, anxious and even depressed. Staying positive in troubled times is possible! There are some practical steps you can take today, that will help you build your spirit.

Stay Focused

This is a time when we all should do some personal inventory. Staying Positive can be tough. Understanding your own core principals, the values and morals you live by, will give you anchorage. You can't control some of the things that are taking place in today's economy but you can stay focused on what is important. Write down your own mission statement. What's your personal, core message to the world you live in? What's your personal contribution?

Be Grounded

You'll find some extremes during troubled times but it is important to be grounded. And stay grounded. Being part of a supportive organization can allow you to find success. Another way to stay grounded is to join networking groups of like-minded individuals. These groups often give courage and give a central vision. Adding a time of meditation or reflection to your schedule can help too.

Stifle the Negativity

Don't feed the beast! It's easy being a reporter right now. There's so much to talk about. And a lot of the talk you hear is the opposite of what you need to hear. You should get the facts, but not get beat down by them. Stifle some of the channels of negativity. Avoid the town gossip and anyone who pulls your strength out of you. Limit your news intake. Spend less time talking about all that's wrong and look for things that are right. This is a tall order, but nevertheless it's key to breaking the back any negative influences in your life.

Boost the Positive

Invest in some uplifting music. Inspirational, instrumental music could do wonders for your inner man. Make it a point to watch a show or two that makes you laugh. Get in touch with a friend that likes to laugh. Don't have one? Then be that friend to someone else! You can boost the positive flow in your life by being a positive stream for someone else. Take a day to walk on the beach or take a nature hike. Ride a bike. Get back to some simple joys and forget about your worries for the day. It will do you a world of good!

Look at the Big Picture

It's easy to get overwhelmed with the daily barrage of bad news that's bombarded us all. It is important every now and then, to step back and take a look at the big picture. What's really going on? A wise man once said, "Things are never as bad as they first seem." It's true.