

Spring Into a Positive Attitude



By Gayle Crist,
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Spring is here! A time when longer days bring us more sunshine, and blooming flowers bring more color into our world. It's natural to feel brighter and lighter, more upbeat, and more optimistic when springtime comes.

It's also easier to have a more positive attitude. After the dark days of winter, we have more time and good weather for outdoor fun in nature in the spring—something that definitely lifts our spirits.

But, more than just a seasonal boost, a positive attitude can benefit us in every aspect of life.

Positive psychology research shows that attitude is everything when it comes to success, especially in our work lives. There is overwhelming evidence that people who are happy are more successful. Positivity is related to higher levels of job performance as well as better work evaluations and perceived customer service. Positive people perform better because they are more motivated and more effective. Why? Because they have the advantage of several benefits related to experiencing positive emotions. Here are some that relate specifically to our jobs and careers:

Psychological benefits—Positive people have more energy and are more self-confident and hopeful. As a result, they tend to set higher goals and expend more effort in order to reach their goals. They are also more resilient, which helps them bounce back and persevere despite setbacks.

Mental benefits—Happier people are smarter. While negativity narrows our focus to help us respond to a threat, positivity does the opposite—it opens us up, broadening the range of ideas we come up with. This helps positive people see multiple solutions to problems and thus make better decisions. It also leads to greater creativity.

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Social benefits—We feel more connected to others when we experience positive emotions. This leads to high-quality relationships at work, which are related to personal growth, creativity, motivation, and productivity. Close relationships are a source of emotional support and provide resources necessary for accomplishing tasks. People in high-quality relationships exchange more information, are better at coordinating their efforts, and have less conflict.

Health benefits—Positive people are also physically healthier. They have lower blood pressure, lower heart rate, lower levels of stress-related hormones, and stronger immune systems. Positivity reduces the probability of heart failure, stroke, and diabetes. People who experience more positive emotions sleep better, are less anxious, and have fewer colds, all of which improve productivity.

Speaking of health, in my experience, a positive attitude can also help us in our personal lives, particularly to face and overcome health challenges. For example, I personally know two cancer survivors who surprised their doctors by either going into remission or showing no spread of the disease, and the biggest difference between them and other patients who received the same treatment was their unwavering positive outlook and demeanor.

How are you feeling about your life as spring begins this year? If you're like most of us as COVID restrictions ease, you're probably feeling more free and more hopeful. That's a good start! But what about the way things are going for you with work, family, friends, leisure

time, goals, and aspirations? If you're having any trouble feeling positive about any of these, you might want to reach out for some moral support—something a life coach can provide.

That brings us to this question: **How positive is your attitude most of the time?** If you tend to let circumstances and events drag you down and/or upset your normally positive outlook, you may need to step back, assess, and consciously commit to shifting your perspective. Life coaching is an affirming process that helps you do that.

What is a positive attitude anyway?

In my opinion, it is:

- 1) The belief that everything will work out fine—and, if outcomes are not what you desired, then you can reframe the situation in order to see that they are exactly as they were supposed to be for your growth and evolution. In other words, everything in life is either a joy or a lesson. A life coach can be your cheerleader as you do that reframing.
- 2) An ability to focus on the silver lining and the light at the end of the tunnel rather than the negative thing that's happening in the moment.
- 3) The belief that good things can and do happen—and not just to other people.

If your attitude about your personal or professional life could be more positive, coaching may help. Give me a call and let's work together to make it easier for you to have a whole new outlook this spring. I love helping people focus on the positive so they can be energized and motivated to reach their goals!

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