



How to maintain a positive mindset in a climate of change.



Drive your emotions; don't let them drive you.

Having a positive mindset thinking can give you more confidence, improve your mood and even reduce the likelihood of developing stress-related conditions. It is also said to increase our immunity and wellness and give us better resilience to deal with issues and adversity.

Check out our top tips to help you develop a more positive mindset:

1. Be kind to yourself. Step up and become your biggest cheerleader, rather than your biggest critic.
2. Take back control of the things you can change and learn to accept the things you cannot change.
3. Check your internal dialogue. Challenge that critical inner voice to make room for happiness.
4. Make a daily note of at least 3 things you are grateful for, what you've achieved or how you've made a difference.
5. Surround yourself with positive people. Limit your exposure to drains and spend more time with radiators. Radiators are those 'can do' people who radiate positivity and energy and boost our mood with creativity and collaboration. Conversely, there are others (drains) that are 'hard work', sap our energy and cause negative situations.
6. Improve your work environment to make it a space you enjoy being in. You can do this by making it as light as possible, having some plants/flowers and pictures on the wall. I have a big board in my office space which has thank you cards, my vision board for the year and lots of things that make me smile!
7. Get out. Walking/cycling/exercising in the fresh air will help you to clear your mind, focus on nature and take a break from being sat at your desk.
8. Give back. Volunteer and commit your time and efforts to helping others, without expectation of receiving anything in return.
9. Learn a new skill. It keeps your mind engaged, your body active and can deliver immeasurable levels of satisfaction.
10. Ask for help. Reach out to your own support network when you need it. Their belief in you and support of you will keep you going.

To find out how Red Clematis can help you to develop a positive mindset, call Maggie on 07734 080073.