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Monthly Newsletter – June 2009

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Dear Friends:

Living a life of positive thinking and laughter is bound to have you feeling happier and more successful throughout your day-to-day routine. In fact, people who make positive thinking and laughter a key goal in their lives tend to experience more daily success and happiness than anyone else. There are key steps to achieving happiness by incorporating a good attitude and a sense of humor in your life: visualizing goals and maintaining the right attitude. Visualizing goals and going after them is a key component to positive thinking because it is a successful technique that helps you achieve the results you want. Keeping a good attitude towards life is a great way to make laughter a greater part of your life. Having a sense of humor can empower you, even in the most distressing situations. Instead of making a bad situation worse, a sense of humor can help you overcome any negative emotions and get you in the frame of mind to solve whatever problem is at hand.

### **Daily Happiness and Success**

Having daily happiness and success is all about developing a habit. You'll need to start making a few changes in your life if you want to experience positive thinking and laughter on a regular basis, and you'll want to create an environment that encourages both those qualities. One of the first things you'll want to do in developing your "happy habit" is to change the way you look at things in your life. It's important to keep a realistic view about things that happen in your life, but your attitude about setbacks can make a big difference in your mood and possibly your health. Chronic stress has been linked to a variety of health conditions, including depression, ulcers and heart disease. The next time something unexpected comes up, assess the situation and try to view it as a learning experience rather than see yourself as a victim. Only when you get past your negativity will you be able to empower yourself enough to come up with a solution to whatever is bothering you. You shouldn't sugar coat the facts and be in denial about what is happening, but a positive attitude can only help the situation.

### **Tips for Maintaining a Positive Attitude:**

1. Think of solutions – Don't think of problems, think of solutions instead. Focusing on how seemingly impossible the problems you have in your life are will not help you solve them any more quickly. Instead, analyze the issues and focus on a way to solve them.
2. Make yourself laugh – Watch some comedies or read a funny story. Always try to make time in your day to find a way to laugh. Have a sense of humor about less significant things that might otherwise irritate you.



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3. Lift your mood with music – Listen to music that relaxes you or uplifts you. Giving yourself energy through listening to music you like is a useful tool for developing your positive outlook.
4. Inform yourself – Read inspirational books or anything else that inspires you. This will keep your thoughts positive and will help you find different ways to stray from negativity.
5. Do good for others as well as yourself – Doing at least one task (however small) each day to make someone else’s day a little better will help create and spread your “happy habit”. Besides, a little good karma wouldn’t hurt.
6. Share other people’s joy – Be happy for others and don't envy their happiness. It's sometimes hard to see other people experiencing joy if you are not happy. Instead of feeling envious of them, just feel happy for them. Not only will it make others feel better, you will profit from not indulging in negative thoughts that may be harmful to your health or mental state.
7. Surround yourself with genuinely positive people – If you surround yourself with genuine people with positive attitudes and laughter, you will find that you will catch some of that energy. People who have already developed good attitudes are more likely to help you create your own positive outlook.
8. Give yourself credit – Focus on your accomplishments and don’t dwell on the things you didn't accomplish (within reason). Focusing on goals you have met will help you develop plans to meet new goals.
9. Depending on your goals, achieving them can be simple or more complicated. But, with a plan in place to visualize your goals and accomplish them properly, you can achieve what you want more quickly. Many people struggle with their goals in life because they don’t know how to make a plan to get where they want to be.

This often leads to frustration and negative feelings. Don't let negativity break you down. Instead, use your energy to find ways to step towards what you wish to have in life and make it happen.

‘Nuf Said.

Larry Herman, DC    Adam Kritzberg, DC    Jan Herman, DC    Josh Rosinski, DC    Joe Brady, DC