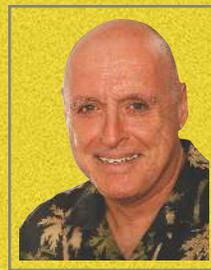


THE EXTRA POINT

BY JERRY ROBERTS



1153 A Dozen Ways to Beat Negativity

Do you ever find yourself being negative? Do you think you were more positive about things and life before, and not so much now? I'm Jerry Roberts and what if I had a whole bunch of ways you could turn this around for you — what if I could help you kick negativity to the curb and be a waterfall of positivity? Are you tingling over the possibilities? That's next, on The Extra Point.

Who wants to be more positive? Raise your hands. If you're driving, only one, thank you. In the next three minutes, lives may be changed forever, so what do you say we get to it? How can we beat negativity?

1. Avoid negative people. If you're hanging with folks who see everything in a negative light, that negative light shall shine upon you. A lot of very smart people believe that we become like the people we spend the most time with.
2. Cut down on the complaining. The more we complain, the more we're likely to complain. After a while, it becomes a habit. A bad one. Take a breath. Sure, challenge what you need to, stick up for your rights, and what's right. Try to avoid getting into complaining mode.
3. Eat a healthy diet. Food is nothing but a bunch of chemicals that are tossed together. Food impacts how we feel. Eat fewer simple carbs. More healthy fats and proteins. Search online for foods that improve moods. It's a real thing. Check it out.
4. Get enough sleep. We've talked about sleep in terms of health a number of times. Proper rest can also be a key component in attitude. Sleep more and be less negative.
5. Practice gratitude. It's tough to be really negative when you're grateful for what you have, who you have, who you are, where you are, etc. Be more grateful and you can't be negative.

6. Do new stuff. Adding skills and changing things is generally uplifting, and increases self-esteem. There's nothing negative about that.

7. See both your work life and personal life as separate and unique, and decide to develop them independently. Most people let one or the other dominate their attention. They work too much and ignore their personal side, or vice-versa. Work-life balance is a good goal, and you need to decide what you want from each.

8. Minimize or leave social media. Be honest with yourself, what do you get from it that is a big plus in your life? For too many people, social channels bring heaps of negativity. You don't have to quit if you feel it's not dragging you down. Just do less.

9. Help other people. We get a positive boost when we do things for others, as it releases a cocktail of beneficial chemicals into our system. Yes, people get high on helping people.

10. Decide what you want, and what your purpose is. When we are firmly rooted in the things that match up with our values, negative thoughts have less of a chance to take hold.

11. Sorry media, but take in less news. Most news today is bad news, and delivered with a political slant. It's easy to send us into a bad mindset. It's fine to know what's happening in Guam and the world, but limits are advised.

12. Don't assume you know what others are thinking, and especially what they're thinking about you. That can definitely keep your head in the wrong place.

Rule one: What people think about you is none of your business. Caring about that will make you crazy.

Rule two: "Refer to Rule one."

(Con't.)

Do the best you can, don't let negativity get you down, treat others well, and let God keep score. You'll be fine.

That's the Extra Point. Be responsible and make something good happen today. For 93.3 and the Ray Gibson Show, I'm Jerry Roberts.

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