Dr. Bobbie Gostout shares her insights into practicing a positive attitude and how that impacts our well-being and even the well-being of those around us.

Embracing a positive attitude can have a snowball effect on yourself and others around you. In any line of work, a positive attitude can go a long way. It can make a mundane task fun, it can make a serious task worthwhile, and it can increase the energy in the room. Practicing positivity speaks to the idea of having a positive approach again and again. This has health benefits at the physiological level as well as the psychological level.

Practicing positivity is a very specific, intentional practice with the awareness that your positivity will rub off of you on to others, and bounce back to yourself. Behavioral experts have found that personal choice has a powerful impact on attitude. Even in very difficult situations, it is possible for healthy people to choose to focus on hope and positive thoughts. Taking care of your overall health and well-being is important for being able to tap into your inner source of positivity. When you stay positive, every day holds opportunities for surprise and delight!

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- Bobbie Gostout, MD, Vice President Mayo Clinic Health System

Use these quick tips to make it a habit to Practice Positivity:

- Keep a positivity journal. Shortly before going to sleep each day, write down 3 positive things that happened that day.
- When your colleagues, family or friends are complaining or being negative, validate their feelings and gently offer a more positive perspective to help them nurture positivity.
- Create a gratitude jar. Write down little things and big things you are grateful for. When you are having a tough day, pull a slip out to help reset your attitude.