



Rethinking positive thinking

There are many articles and books about the value of positive thinking. The most well-known quote about it is probably this one: "When life gives you lemons, make lemonade."¹

But here's the question: Are lemons always bad? Do you really need to think of a way to make lemons good? What if you happen to like lemons? Do you still need to make lemonade?²

Labeling uses up time and energy

We spend a great deal of time labeling life events as either positive or negative, good or bad. But why bother with labels? Often they simply create stress.

Instead, why not focus on adapting to whatever happens. After all, whether it's a positive or negative event, we need to decide how to work it out!

Bad can be good and vice versa

Here's another reason to avoid labeling events in life: Sometimes things that seem good or bad turn out to be just the opposite. Two examples are:

- You just missed your bus home — that seems bad, right? But if you walk home, get fresh air, exercise and even enjoy the scenery — these are all good outcomes!
- Do you know that sometimes lottery winners become depressed?³ The sudden wealth leaves them feeling vulnerable and worried that others are only interested in them for their money. So something that seems good may turn out to be not so good.

Adapting is the key

Adapting is the solution whether you perceive an event as good or bad. You get married...so you adapt to married life. You get a raise...so you adapt to having some extra cash flow. Or: You break an arm...so you adapt to wearing a cast and using one arm until the other heals.

Those in life who do well are often those who can adapt most effectively. Consider thinking less about whether something is positive or negative and more about how you will make it work!

Getting help

Confidential support, information and resource referrals are available for a variety of concerns — both work and personal. Call for assistance for you, your household members or your adult children under age 26, whether they live at home or not. Call or visit us online today!



Contact your EAP for 24/7 access for you and your eligible family members:

1-888-825-3509
www.HorizonCareLink.com
Username: firstdata
Password: myeap

¹ www.brainyquote.com

² www.psychologytoday.com

³ www.pittsburghlive.com