

Positivity

By Maggie Roach-Ganaway, Support Coordinator, Cape Breton Region

"Each morning when I open my eyes I say to myself: I, not events, have the power to make me happy or unhappy today. I can choose which it shall be. Yesterday is dead; tomorrow hasn't arrived yet. I have just one day, today, and I'm going to be happy in it." ~ Groucho Marx

I can't say enough about how true this quote is: we all have the ability to lead a happy life. It may be harder for some than for others, but it's still possible.

There are several things we can do to become more positive people and, with a little persistence, we can make ourselves happier and emotionally healthier. Changing your inner dialogue—the silent talks, both negative and positive, we have almost constantly with ourselves—may be the most challenging, as that record has been playing for a long time, but it is also the most likely to produce beneficial change. As author Remez Sasson noted, such inner dialogues "have a snowball effect. The more you conduct them, the more you become chained to them. Negative inner dialogues bring negative results, and positive inner dialogues bring positive results." Setting goals and repeating positive affirmations such as "I can" or "I am able" may help to change the tune of your life.

Visualizing how you would like your life to be has also proven to help you achieve your goals. It gives you something to aim for. Visualizing where or how you would like your life to be is important in achieving it.

Reading inspiring or motivating material is another way to reach a more positive outlook on life. As Groucho Marx expressed it, only you have the ability to choose to be happy, but maybe by reading daily quotes, you will be able to affirm happiness as a way of life.

Socializing with other positive people is another important step. It really does rub off on you when you are around people with a positive outlook. You begin to think that if they can be happy, so can you.

Not procrastinating and finishing what you start will also give you a sense of accomplishment and positive reinforcement for a job well done.

Smiling more has also been proven both to generate more positive emotions and to reduce stress in mind and body. So the more you smile, the better you will feel. Even if you feel you have nothing to smile about, it is important to tell yourself to smile more often.

And one last important thing to remember is never give up trying to be more positive and happy. When life around you seems like it is falling apart and your stress level is on high, try to remember the good times of your life, as this may get you through a tough time.

I will leave the last word to Oprah, as I think she has it right: *"The greatest discovery of all time is that a person can change their future by merely changing their attitude."* ~ Oprah Winfrey



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