

## 10 Things That a Positive Attitude In The Workplace Can Do

1. Career Success
2. Reduce Stress
3. Less sick days and better productivity
4. Improve client relations
5. Become a better leader
6. Improve the attitude of other employees or those who report to you
7. Improve teamwork
8. Improve motivation for yourself and others
9. Improve decisions-making and overcome challenges
10. Improve interpersonal Relations

Wellness Education  
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Graphic by Geannina Perez

**Facing  
Disappointment**



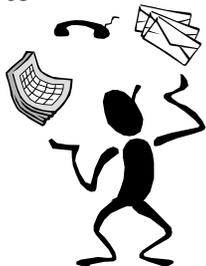
**Mental Health  
Wellness and Education**

## Facing Disappointment

### Handling a setback can mean taking a big step forward.

Each of us experiences disappointment, loss, and even trauma. We get sick or injured, suffer financial woes, lose contests, divorce, or struggle with relationships. Coping with set-backs is critical to long-term health.

Research suggests that maintaining a positive attitude is the key to emotional resilience and may protect you from heart attack, stroke, depression, anxiety, or substance abuse.



Here are some practical strategies for facing disappointment:

**1 Avoid sudden judgments.** You can't find a solution until you fully understand the problem.

**2 Look beyond the present.** By viewing the problem as temporary in relation to the "big picture" it becomes less formidable than you thought.

**3 Take decisive action.** Gaining control of a difficult situation quickly can reduce the stress it creates.

### 4 Feel the emotion.

Part of regaining your balance and optimism is recognizing why the setback hurts.



### 5 Fix one piece at a time.

Rather than trying to resolve everything at once, progress in stages to build confidence.

**6 Count on help.** Studies show that the primary factor in resilience is having strong, caring relationships. Maintain a supportive network of family and friends. It means helping others, too.

### 7 Turn setbacks into opportunities.

For example, the loss of a job may lead to other, perhaps more rewarding, choices. People often find hardship results in better relationships or renewed personal strength and appreciation for life.



**Life's a journey. Keep walking.** Identify your own personal strategy for building resilience. That includes stepping back to reflect and reenergize so you can keep moving forward.

