



# How to stay positive in negative situations

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Scribbles and Giggles

# It All Starts With You

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- In what ways are you contributing to the negativity around you? Are you listening to gossip or participating in conversations where the only focus is to denigrate, diminish or criticize?
- Language matters. Everything you say has an impact; saying something negative not only dishonors the person you're speaking about and the person you're speaking with, but it also makes you feel bad even if you don't realize it.
- Learn to respect people's humanity and their right to be themselves.
- Complaining without end does not focus on creating solutions; rather, it perpetuates and magnifies the problem, wasting everyone's precious time and energy.



# Have a Positive Mindset



I think the most important thing is for you to let it calmly be known that you want to be positive, to stay out in the negativity, and that you want to do your job and be peaceful. –Psychologist Nicole Martinez



It's important to maintain a positive attitude both during and after a negative situation at work, especially if a conflict becomes ongoing. Keep yourself encouraged by telling yourself what you are good at.



You can also choose to generally improve your attitude by interpreting everything in a positive light.



For example, you can accept a compliment for its face value instead of wondering what you could have done to make the person say even more or wondering why they haven't said anything before.

# Do Not Engage

Make it a point to be the one who brings up something positive. Maybe it's something cool that a coworker did, maybe it's a feel-good story you heard on the news, maybe you just sit there and say 'I LIKE CATS' loudly and people look at you weird but also agree because, well, cats. Radiate the positive and it will come back to you.

The moment you engage in a negative conversation or situation there is a small chance of getting yourself out of the circle of drama that started the minute the words started flowing.

# Energy Radiates

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- You do not even have to say a word for negativity to be passed around. Just like positivity can be sensed, so can negativity.
- People feed off energy, including the kids you are caring for! If you are looking for hard day don't leave your bad thoughts at the door. Otherwise, put your positive pants on and check your issues at the door.
- Be the person that when people see you, they want to be around you because they know it will make them feel better by simply being around you!

# Focus on the Solution Not the Problem

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When things are tough, we tend to focus on the problems. Focusing on problems, makes them grow, and if we don't do anything about them, we become unhappy, frustrated and pessimistic.

If we maintain a positive attitude, believe that there is a solution, and keep looking for it, we will ultimately find it.

# Make Positive Relationships

1

You know what makes it difficult for people to say negative things about another person? When they have a genuine positive relationship. It can be difficult to forge a lasting, deep and meaningful relationship with your coworkers. If you want to do that, cool, but you don't have to. All you really need to do is take a few minutes in your day to show a bit of interest in someone else. Ask a question. And not a small talk question like "How's it going?" as you walk past them. I mean something that they need to think of a response to.

2

I like to ask people where they grew up. If they have been unwell, ask how they are feeling. Ask about who they are as a person. The thing about this is, we find it uncomfortable. We think we are prying, getting too personal. Not true. Getting personal is the whole point. When we take an interest in someone, it is a positive act and it creates positive feelings, provided we are genuine and respectful in our approach.

3

It is then a lot harder to stand around and say negative things about a person who has made us feel positive. Positivity breeds positivity, just as negativity breeds negativity. Be the positive.

# Personalize Your Space

Put up

Put up photos of things that matter to you, your kids, family, dog, cat, etc.

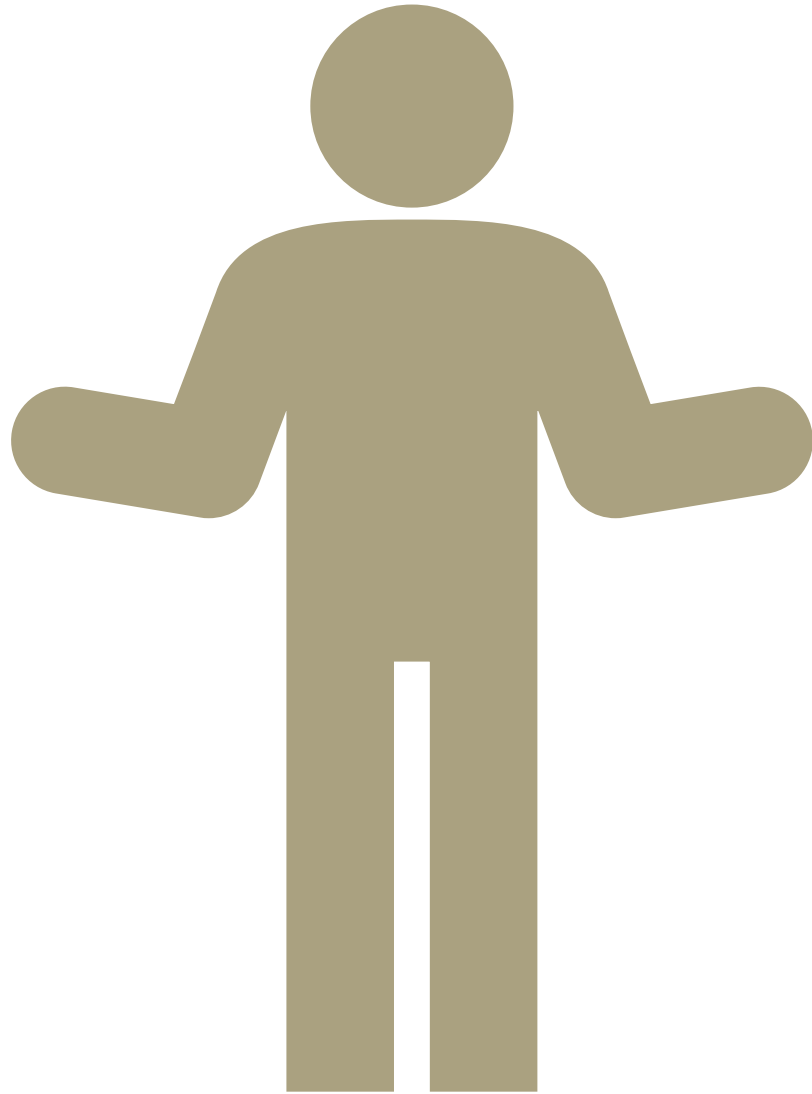
Bring

Bring a plant or trinket from home that makes you feel welcome!

Keep

Keep yourself organized, if you see organization you can begin feeling it which leaves little room for negativity.





# Do Not Take it Personally

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- Strive not to take personally, what people think and say about you. There is no reason in the world to allow their thoughts and words hurt you. It is you, who allow their thoughts and words to affect how you feel. Often, people are not even aware that they hurt you.
- Don't keep thinking about what people said and why they said it. They might have meant something different and you misunderstood them. They might have been joking, or what they said was not about you at all.
- You need to learn to let go of anger, resentment, and hurt feelings. This becomes possible with just a little degree of emotional detachment, which is another term for letting go.

# Take it Day by Day



And sometimes literally hour by hour. Keeping up a positive mindset can be hard. It is especially hard when the people around you have absolutely no interest in doing so. It's so much easier to fall back into negative thought patterns and behavior. Don't though. You're selling yourself and your goals short by doing so.



Some work days will be a lot harder than others to inject positivity into. On those particular days, make sure you have something to look forward to at home. Take your dog out somewhere new. Hug or pat your cat. Write down a few things you're grateful for in your journal. Eat something amazing. Get a good night's sleep. Start over again in the morning.



The thing is. You cannot make everyone happy, that's not the point here. The challenge is to make yourself happier and that in itself tends to have a knock on affect to those around you. However, you will occasionally encounter those who have absolutely no interest in being positive. That's fine. Understand it has absolutely nothing to do with you. That is for them to deal with.

# Specifically in the Classroom

There are moments in your classroom that make you laugh, cry (the good kind), or feel an overwhelming sense of gratitude for your job. Savor it! Share this moment with your coworkers, friends, family. You deserve it.

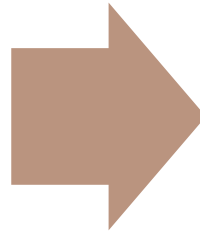
It is easy to fall in the trap of wanting to correct every negative behavior you see. But remember, take a deep breath and choose your battles wisely. Too much attention on negative behaviors can be counterproductive. Focus on positive feedback.

Remember the Mulligan Rule; Kids forget their troubles in 2.5 seconds. We can learn a lot from them! Don't forget tomorrow is a new day.

Keep it fun in the classroom and with your coworkers. Do messy projects. Don't take yourself too seriously. Embrace the crazy!

# Specifically in the Classroom

Start every day with a positive attitude. This is obviously easier said than done. We are all dealing with our own personal issues which can negatively impact how we interact with others. In our profession however, we are in positions where we are working with children and it is our responsibility to make them feel welcome. Our attitude can make or break a relationship with a child.



Try to build a relationship with the children that had you at your wits end at the end of last week. We all deal with kids that know exactly how to push our buttons. A new week is a great time to "try again." This is an opportunity to look at a child with a fresh set of eyes and proactively work with the child to brainstorm. For example, if there is a child that has trouble sitting in library after lunch, talk to the child before the problem behaviors begin and inquire as to what he or she thinks would help in the classroom, ask them ahead of time what book they are thinking about picking when we get to that point.

# Coworkers or Classroom

Take each of these things into consideration whether you are thinking about it in context of your coworkers or your kiddos. They all go hand in hand.

You are the first step in changing your negative mindset to a positive one.

YOU CAN DO IT.

WE GOT YOU!

# Homework

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- What are 3 of your own ways you plan on or already use to stay positive at work with your coworkers?
- What are 3 of your own ways you plan on or already use to stay positive at work with the children?
- Write a nice thing about each of your coworkers and put it in their phone pouch when we return to work!
- Use a piece of paper to fill in the questions on the next two slides.

Name: \_\_\_\_\_

# GROWTH MINDSET

## What Can I Say to Myself?

Instead of...	Try thinking...
I'm not good at this.	What am I missing?
I'm awesome at this.	I'm on the right track.
I give up.	I'll use some of the strategies we've learned.
This is too hard.	
I can't make this any better.	
I just can't do math. (or reading, or social studies, or writing, or science...)	
I made a mistake.	
She's so smart. I'll never be that smart.	
It's good enough.	
Plan A didn't work.	

For the "I just can't do math" question. Say it as, "I just can't handle Billy running around being disruptive right now."

For the "She's so smart. I'll never be that smart" question. Say it as, "She handles that class so well. I'll never be able to have them under control like that."

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Positively Wonderful

*I am good at . . .*

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

*Positive thoughts I had this week*

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

*I am proud that I . . .*

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

*My teacher thinks I am . . .*

- \_\_\_\_\_