

The Grass Is Greener Where You Water It

In whatever situation...be content.

We all know people who have gone through terrible situations and yet manage to be upbeat and strong. They push ahead in their lives. We also know others who have a sense of despair and disappointment in life. It seems to be a natural tendency to go one way or the other. What makes some better and others bitter?

We want to encourage those who are satisfied and we would like to support those who have a sense of hopelessness. Being someone whose' inner strength rises above the outward fate, lets us know that they do not let their circumstances define who they are.

Circumstances may not be ideal right now. Research demonstrates that current circumstances account for only 10% of happiness (Lyubomirsky, Sonya "The How of Happiness"). This means that we have the power to move beyond the circumstances we are currently in. Having a positive attitude will change your environment for the better.

If you want your work life to thrive, turn your focus to "your side of the fence" and watch it flourish.

- Express gratitude – gestures from the heart are the best.
- Do not focus on your losses - appreciate and enjoy what you already have.
- Contribute rather than criticize – inspiration brings change.
- Take time out for self-care.
- Be attractive from the inside out.
- Do not compare yourself to others. There is no one like you.
- Take the initiative to learn new skills.

Bloom where you are planted!

Change your thoughts, attitude and take a deep breath. "There is nothing like returning to a place that remains unchanged to find the ways in which you yourself have altered."
Nelson Mandela.

EASE has counselors if you want to talk 800-882-1341.



"Strength is the courage...to reach out!"