

STRENGTHS-BASED



STRESS RELIEF

Negative thinking can perpetuate itself in a changing, stressful work environment where you have little control of external circumstances. But you can control your attitude.

Shifting gears into a more positive mode can make life better. Here are three proven strategies for increasing well-being that I've been recommending to my coaching clients, with positive results.

The first two come from psychologist Martin E.P. Seligman, Ph.D., Director of the Positive Psychology Center at the University of Pennsylvania. The third comes from Barbara Fredrickson, Ph.D., psychology professor at the University of North Carolina at Chapel Hill.

“What-Went-Well” or “Three Blessings.” Take just 10 minutes at bedtime to write about three things that went well during the day and why. In tests, the longer the exercise was maintained, the longer the positive effects. Notice the patterns.

Signature Strengths Exercise. Take the free online test called the [Values in Action Signature Strengths test](#), then schedule a time each day to put one of strengths to work in an intentional way, and analyze how the experience was for you.

Positivity Ratio. Monitor your daily “positivity ratio,” or ratio of positive to negative thoughts. A 3:1 ratio is the tipping point toward flourishing. Dr. Fredrickson has provided an [online tool](#) for keeping track.

Hope these lighten up your life and improve your balancing act!