



Keeping a Positive Attitude in a Challenging Environment

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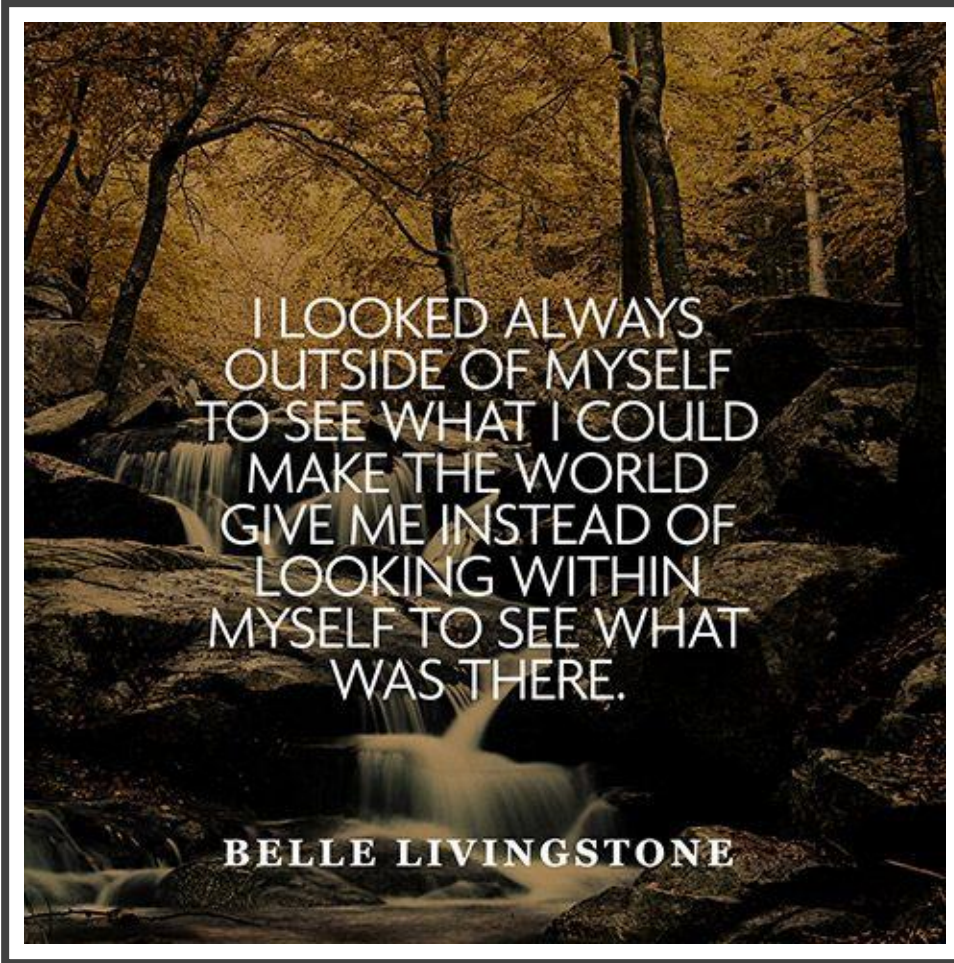
One Hope.

“I hope that all nurses will be able to heal and move forward with their lives.”

Hooper, Vallire. A New Year...A New Hope?? Journal of PeriAnesthesia Nursing, 2021-02-01, Volume 36, Issue 1, Pages 1-2, Copyright © 2020 American Society of PeriAnesthesia Nurses



Wherever You Go, There You Are.



What's the Point in Focusing on You?

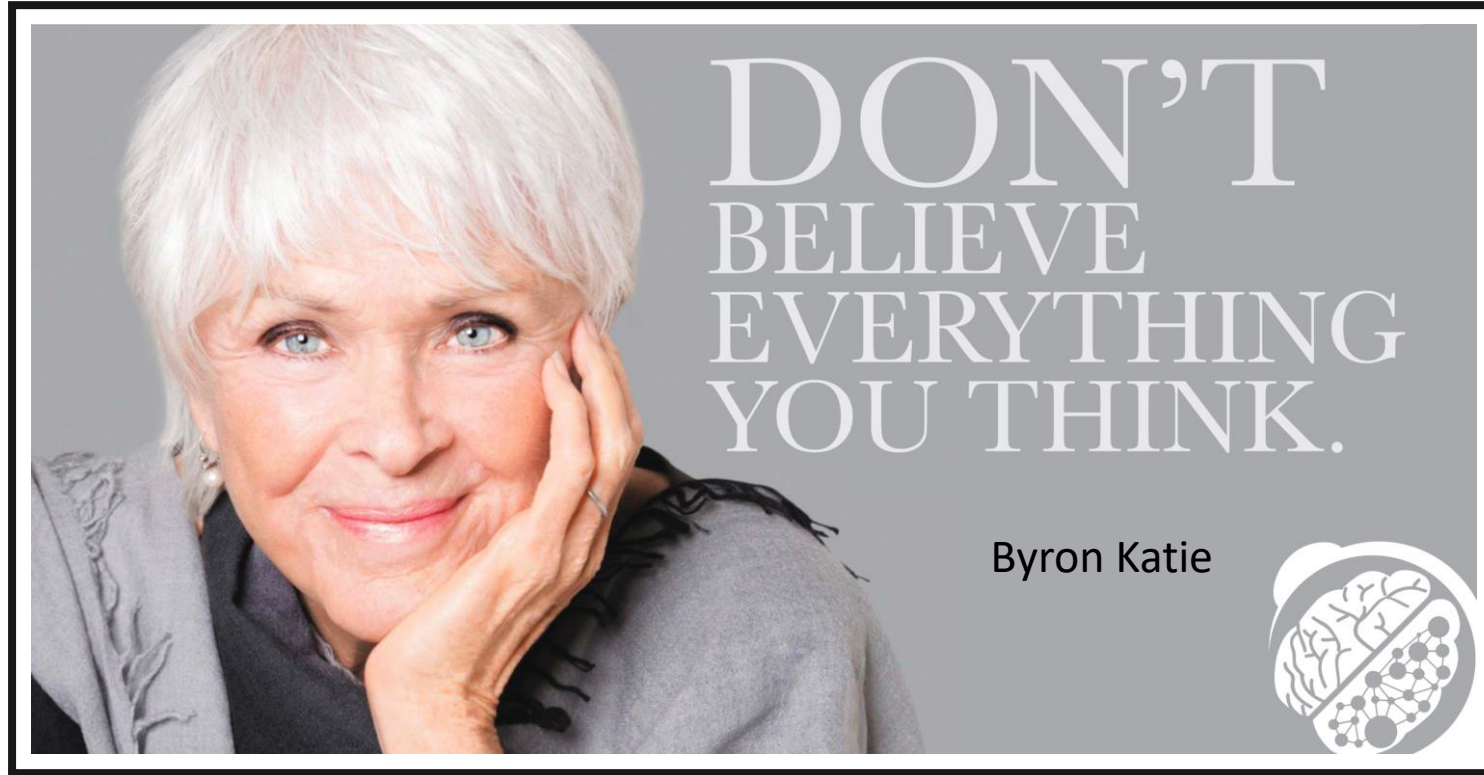


Session Agenda

- **Ground Rule (there's only one)**
- **Positive Attitude Obstacles**
- **Activity: Within/Beyond**
- **Reflection: Give Back, Take Back**
- **Activity: I Will Statements**
- **Activity: Share and Support**
- **Questions and Answers**



Think About This...



Engagement Definitions

Mental and emotional investment in their work and in contributing to their employer's success.

American Society for Training and Development

Pride in the organization, workplace satisfaction, confidence in the organization's services, an orientation towards long-term employment with the organization, and a willingness to go beyond expectations.

Morehead Associates

Passion. Commitment. Extra effort. The elusive force motivating employees to higher levels of performance.

Workforce Magazine



Activity: What Gets in the Way?



Activity: Within/Beyond Your Control

What Gets in the Way Activity
Identify situations/circumstances that get in the way of you keeping a positive attitude at work.

- _____	- _____
- _____	- _____
- _____	- _____
- _____	- _____
- _____	- _____
- _____	- _____

In the concentric boxes below, please identify whether the situations/circumstances listed above are within or beyond your control.

BEYOND YOUR CONTROL

WITHIN YOUR CONTROL

Please Complete
This Section
as a Small Group
(and then **STOP**)

Now Complete
This Section
as a Small Group



Why Wait to Release the Weight?



Consider letting people off the hook for a deed they committed or harsh words they spoke.

The Story of Two Monks Beside the River



Give Back, Take Back (Part I of IV)

- **Identify Individual (and circumstances)**
 - Someone who you feel holds something over you.
 - Someone who you feel has done you wrong.
 - Someone who you feel does not have your best interest.
 - Someone who you feel has hurt you (emotionally, physically, etc.).
- **Honestly Assess:**
 - What Belongs to Them (that is not yours)?
 - Their Actions / Inactions.
 - Their Words (actual or implied).
 - Their Feelings (that originated from them and that you are carrying).



Give Back, Take Back (Part II of IV)

- **Honestly Assess:**

- What Belongs to You (that is yours)?

- Your Actions / Inactions.
- Your Words.
- Your Thoughts.
- Your Feelings.
- Your Hopes.
- Your Aspirations.
- Your Dreams.

- Ask Yourself

- Who was I immediately before this interaction, statement, action/inaction, circumstance, feeling?



Give Back, Take Back (Part III of IV)

- **Give Back** (*What Belongs to Them*)
 - Be honest.
 - Be humble.

 - Be free of judgment.
 - Be free of sarcasm.
 - Be free of anger or resentment.

What this sounds like:

“X, I give you back your anger.”

“X, I give you back your anxiety.”

“X, I give you back your inability to support me.”



What Gets in the Way?



Give Back, Take Back (Part IV of IV)

- **Take Back** (*What Belongs to You*)
 - Be honest.
 - Be humble.

 - Be free of judgment.
 - Be free of sarcasm.
 - Be free of anger or resentment.

What this sounds like:

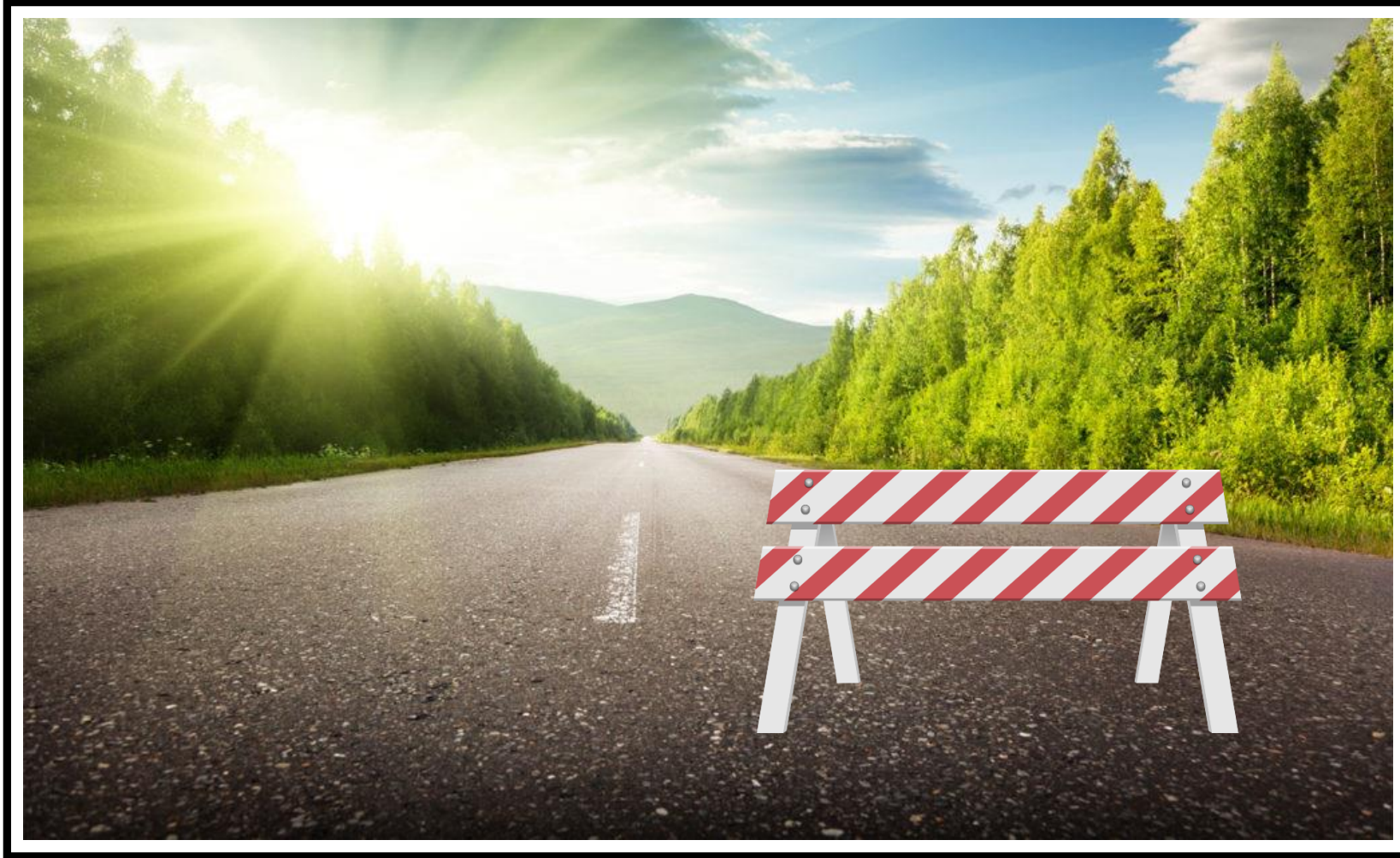
“X, I take back my confidence.”

“X, I take back my wonder.”

“X, I take back my ability to succeed.”



What Gets in the Way?



Let's Take a Moment to Reflect.



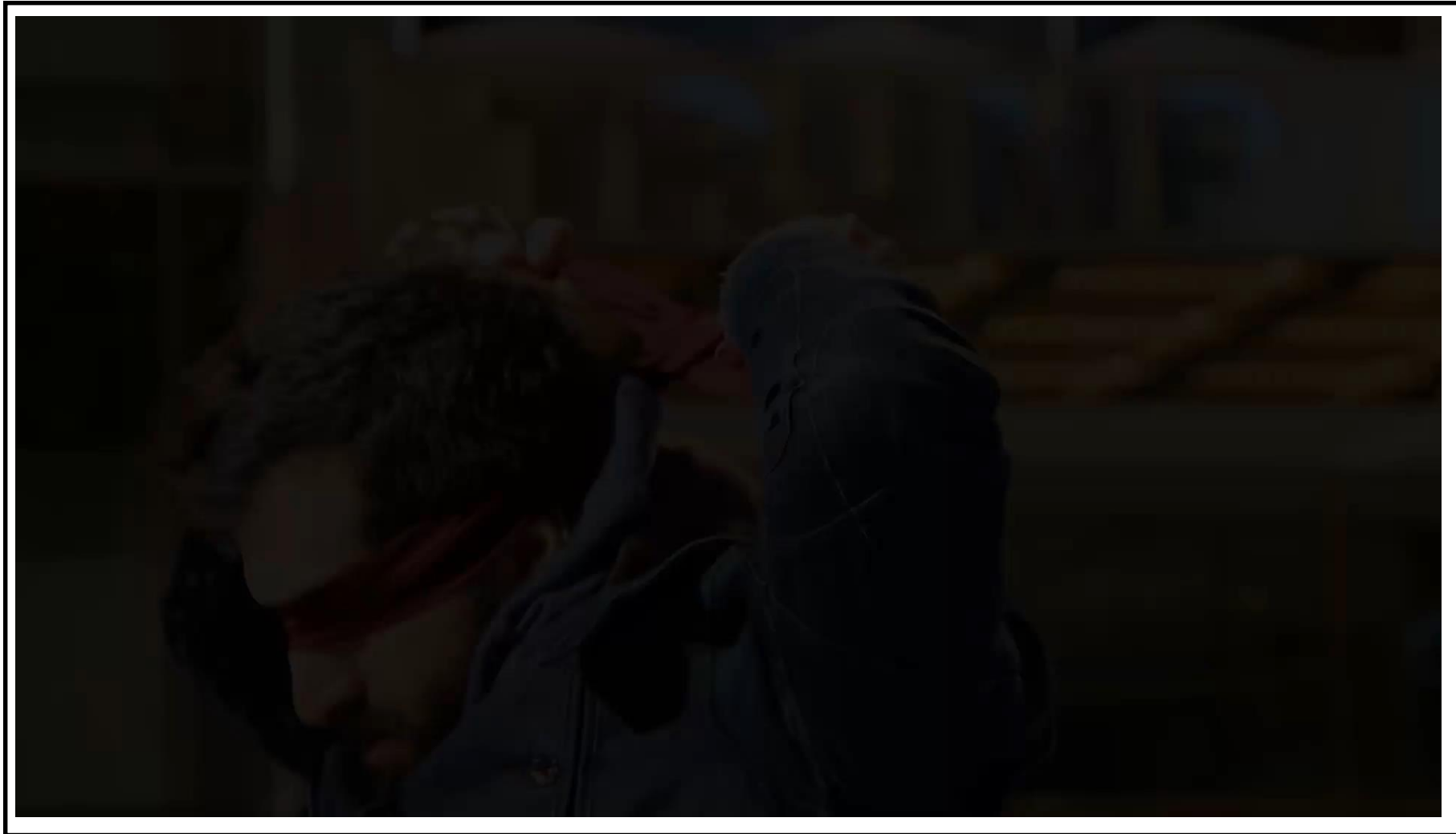
Seek & Ye Shall Find. Find & You Are Unstoppable.



**Your life is not
something you find.
It is something
you create.**

- David Phillips

What Does it Mean to Trust Someone?



What Does It Mean To Trust In Your Abilities?

Karim Sulayman – *I Trust You*

November 19, 2016 – Central Park West, NYC



Positive Attitudes: What Must Be in Place?



10 Ways to Stay Positive

The College of Healthcare Professions: [Don't Worry, Be Happy – 12 Ways to Stay Positive](#)

Think of this as treating yourself to something meaningful. You are worth it. In an airplane, when the masks drop...

- Practice Gratitude
 - Gratitude comes in all sizes. Start small. Start big. *"I am grateful for..."*
- Practice Mindfulness
 - Be in the moment. Unplug. Open your eyes, ears, and heart.
- Avoid Negative Language
 - Share something worth sharing about person X to person Y.
- Engage in Positive Self-Talk
 - Don't say anything to yourself you wouldn't say to another person out loud.
- Spend Time with Positive People
 - Negative Nellies and Downer Debbies need not apply.



Mirror, Mirror In This Hall...



10 Ways to Stay Positive

The College of Healthcare Professions: [Don't Worry, Be Happy – 12 Ways to Stay Positive](#)

Making time for these recommendations is as simple as plotting in the morning and recounting in the evening...

- Remember to Laugh
 - Go on, release those endolphins, I mean endorphins.
- Take Care of Your Physical Health
 - Walk the walk. Swim the swim. Stretch the stretch. Dance the dance.
- Seek Out New Experiences
 - Planes/trains/automobiles are not always needed.
- Identify Areas for Improvement
 - Put logic and reasoning around negativity, and then take action.
- Be Curious
 - Never stop learning. Always remain open to learn and grow.



How Can You Help / How Can You Solicit Help?

How Proficient Are You?

Please rate your proficiency in each of the Staying Positive components listed below.

	Not Proficient	Not Very Proficient	Somewhat Proficient	Proficient	Very Proficient
Engage in Positive Self-Talk					
Practice Gratitude					
Identify Areas for Improvement					
Spend Time with Positive People					
Take Care of Your Physical Health					
Remember to Laugh					
Practice Mindfulness					
Avoid Negative Language					
Be Curious					
Seek Out New Experiences					

	1	2	3
Engage in Positive Self-Talk			
Practice Gratitude			
Identify Areas for Improvement			
Spend Time With Positive People			
Take Care of Your Physical Health			
Remember to Laugh			
Practice Mindfulness			
Avoid Negative Language			
Be Curious			
Seek Out New Experiences			

Rate the level of improvement you would like to achieve in each of the Staying Positive components listed to the left:

- 1 = Little to No Improvement
- 2 = Some Improvement
- 3 = Extensive Improvement



How Can You Help Others?

For each of the staying positive components you identified yourself as "Proficient" or "Very Proficient," please identify how you can assist others achieve higher levels of proficiency. (Examples: Take Care of Your Physical Health, Practice Mindfulness).

Staying Positive Component: _____

I can assist by: _____

Staying Positive Component: _____

I can assist by: _____

Staying Positive Component: _____

I can assist by: _____

Staying Positive Component: _____

I can assist by: _____

Staying Positive Component: _____

I can assist by: _____



How Can Others Help You?

For each of the Staying Positive components you identified yourself as "Not Proficient" or "Not Very Proficient," identify how you can obtain assistance from others to achieve higher levels of proficiency. (Examples: Be Curious, Spend Time With Positive People).

Staying Positive Component: _____

I can seek assistance by: _____

Staying Positive Component: _____

I can seek assistance by: _____

Staying Positive Component: _____

I can seek assistance by: _____

Staying Positive Component: _____

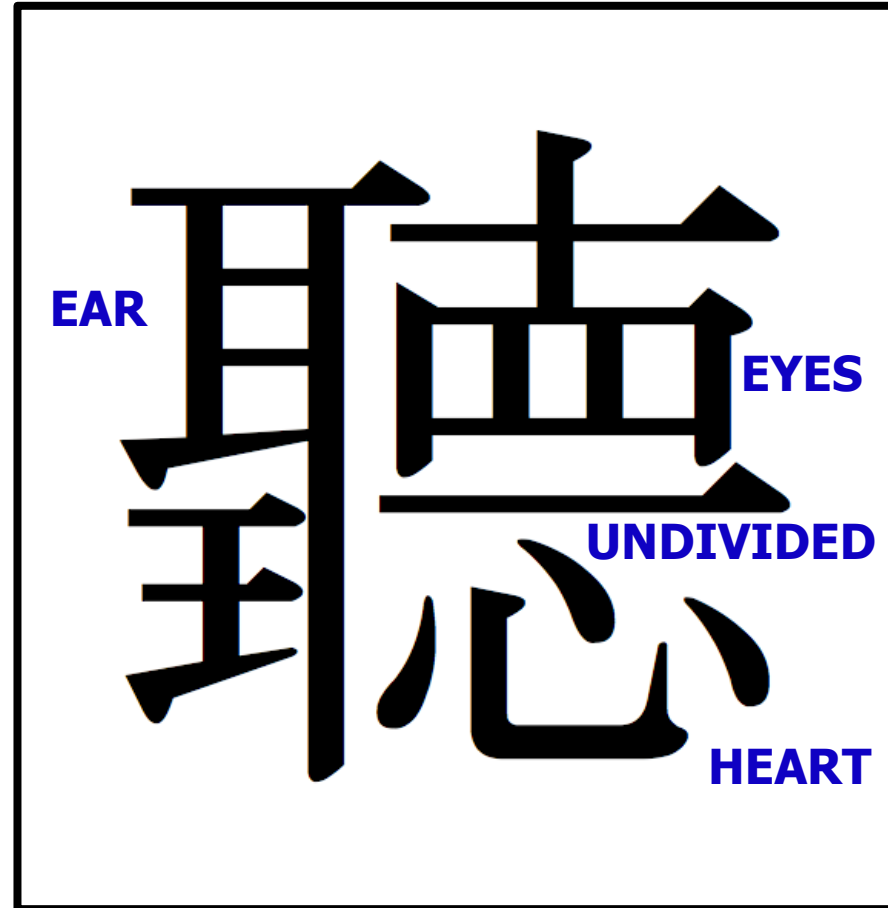
I can seek assistance by: _____

Staying Positive Component: _____

I can seek assistance by: _____



Sharing is Caring.



Don't Just Be a Star...



From This Day Forward...



It's All About the **WE** !!



Take Action !



Respect your peace.
Hone your positivity.
Connect your joy.
Own your future.

Sources

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Hooper, Vallire. *A New Year...A New Hope??* Journal of PeriAnesthesia Nursing, 2021-02-01, Volume 36, Issue 1, Pages 1-2, Copyright © 2020 American Society of PeriAnesthesia Nurses

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Questions, Comments or Connections?

