

Mental Fitness

Ensure success with the right perspective

Having a healthy outlook on life can make all the difference when it comes to being happy. Many people unwittingly use negative coping skills to deal with stressful situations. They don't realize that how they handle the problem is sometimes more important than the situation itself.

Examine your life and find an area you would like to improve. Apply the following tips the next time you confront the situation. You may be amazed at what a difference your new, healthy perspective makes.

Take a realistic approach

Whether the problem concerns a project at work or a family issue at home, you have your agenda just as everyone else has theirs.

While you may want a certain resolution, someone close to you could have a totally different goal in mind.

You may need to compromise with others who do not see eye-to-eye with you on everything. Remember, everyone has a right to their own opinion. Enlist cooperation by suggesting a family or staff meeting to bring everyone together.

Recognize and express your feelings

Whether your feelings are "good" or "bad," acknowledge them, and then express them as soon as possible in an appropriate way and place. Pent-up feelings can result in anger and depression.

For example, if you feel put down or ignored at work but suppress your feelings, you may later vent your anger on some one else. Try talking matters over with a sensible, trustworthy person. This approach may help you to think more clearly.

Proceed one step at a time

To escape the feeling that you're trapped, put one foot ahead of the other and work towards a solution. This approach gives you pride in your ability to handle the situation.

By diverting your tension and anger to worthwhile and reachable goals, you will be amazed at how much control you can exert in managing your life.

Practice these suggestions daily and celebrate the rewards of maintaining a healthy outlook on life.