



Developing a positive attitude

Your attitude plays a huge part in how you look at life. It affects how you see things around you and how you handle situations. You can't control what happens to you. But you can control your attitude. Following the tips below can help you have a more positive attitude!

- **Your attitude is up to you.** We can be our worst enemies when it comes to having a positive attitude. If you don't think you deserve to be successful, you never will be. If you think you can't do something, you'll be right. The good news is that with a little effort, you can change a negative attitude into a positive one. But the only person who can change your attitude is you.
- **Rise and shine!** Get up a bit earlier and take a short walk. Fifteen minutes in the fresh air is a great way to lift your spirits. It helps you prepare to make the most of your day.
- **Stop a bad day in its tracks.** Just because you woke up on the wrong side of the bed doesn't mean your day is ruined. Don't let it set the tone for the rest of the day. Take a moment to think about something good that could happen to gain a positive outlook. Remember, when things aren't going well, tomorrow is a brand new day.
- **Build positive friendships.** It's hard to maintain a positive attitude when your friends or co-workers have negative ones. Rarely will you see a positive person in a group of negative people. Negativity spreads. So avoid negative people or situations.
- **Enjoy a hobby.** It's good to have a hobby or enjoyable activity that you can fall back on when things get tough or you've had a hard day. Most hobbies allow you to relax and forget about the day's routine.
- **Get out of your rut.** If you feel like something is missing from your life, you may just need to add something to it! Try something new. Learn a new sport. Take a cooking class. Doing something different is a great attitude pick-me-up.
- **Be good to yourself.** You can be your own best friend or your own worst enemy. Make sure you eat well and get enough rest. Stress and bad health habits are enough to give anyone a bad attitude.
- **Look at the bigger picture.** One of the best ways to change your attitude is to take a reality check. Is your life really so bad? Look around you and chances are you'll find someone who is worse off than you. Look at the things you can be grateful for and your attitude will change for the better.
- **Ask for a helping hand.** If you are trying to improve your attitude, ask a friend or family member to tell you when you're slipping back into your old habits. A reminder to look on the bright side may be all you need.

This document is for your information only. It is not meant to give medical advice. It should not be used to replace a visit with a provider. Magellan Health does not endorse other resources that may be mentioned here.