

Words of Wellness



July 2021

Positivity

Noun... the practice of being or tendency to be positive or optimistic in attitude

Sometimes, when I was struggling, I found it hard to be positive. My mother was a very positive person. I did not always appreciate that trait, though it served her well.

Thankfully, in recent years, I discovered the value of positivity and appreciate people like my mom who try to spread positivity.

I have been very fortunate.

My colleague Lisette noticed a large blank white board located near the copy machine.

Each week share posted a positive note and sometimes posted a joke her son **Ami** shared that day from his jokebook.

Just like a smile is **CONTAGIOUS**, *Positivity* became contagious.

I shared this image (on the right) with friends and colleagues. The positive reactions were amazing.

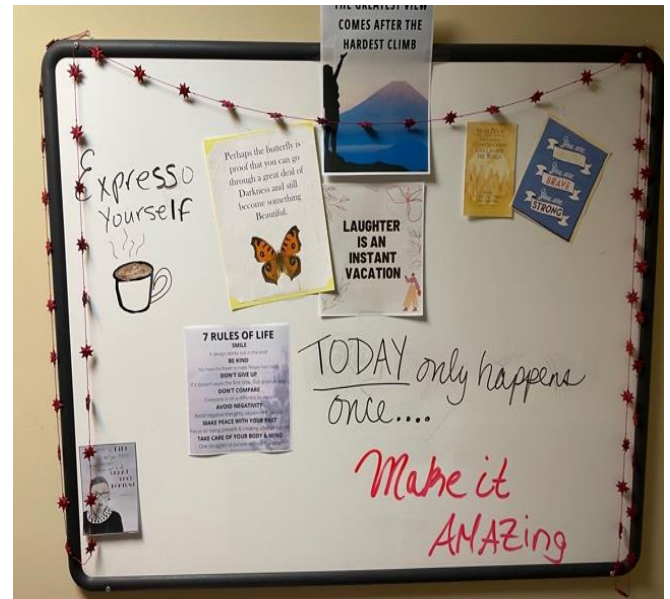
Since a smile and positivity are contagious...

Let's start an EPIDEMIC!!

Thanks to Lisette and Ami!

Reference

Smith, E. (2018, October 31). What is positivity? The definition may surprise you, *HealthyPlace*. Retrieved from <https://www.healthyplace.com/self-help/positivity/what-is-positivity-the-definition-may-surprise-you>



Wellness Dimensions: Strengths

Wellness strengths are the things that you do every day or most days that support balance and wellbeing in each of the 8 Dimensions of Wellness. Think about today and the past few days.

PHYSICAL	SPIRITUAL
What did you do today/this week for physical wellness?	What did you do today/this week for spiritual wellness?
SOCIAL	INTELLECTUAL
What did you do today/this week for social wellness?	What did you do today/this week for intellectual wellness?
EMOTIONAL	OCCUPATIONAL
What did you do today/this week for emotional wellness?	What did you do today/this week for occupational wellness?
ENVIRONMENTAL	FINANCIAL
What did you do today/this week for environmental wellness?	What did you do today/this week for financial wellness?

You have strengths! Keep building strengths! Share with others!