



86th Airlift Wing

INTEGRATED RESILIENCE OFFICE

GRIT 365

The Power of Positivity

MAY 2020

GOAL

A community where we increase mental resilience through positive thinking.

THE WARM UP:

1. Watch this video : A simple trick to improve positive thinking (Alison Ledgerwood | TEDxUCDavis)

https://www.ted.com/talks/alison_ledgerwood_a_simple_trick_to_improve_positive_thinking?utm_source=tedcomshare&utm_medium=email&utm_campaign=tedsread

2. Read this article about ways to manage stress through positive thinking:

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/positive-thinking/art-20043950>



May is
Mental Health
Awareness Month

THE EXTRA MILE:

Creating a positive mindset will require us all to take advantage of opportunities to slow down and focus on our thoughts regarding different situations. Review the Warm Up article again and select one of the strategies for focusing on positive thinking that might work for you.

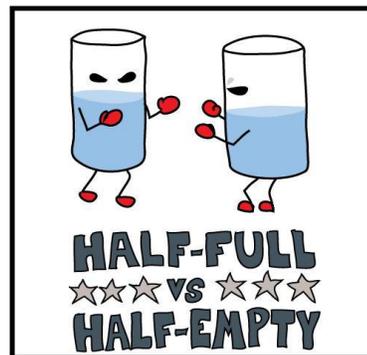
THE PRACTICE

Most people have heard of the adage that the glass is either half full or the glass is half empty. Depending on how you “see” the glass determines if you are looking at a situation through a lens of optimism or a lens of pessimism. Individuals that see the glass as half full, see a situation as one that is positive, temporary, adaptable, or changeable. While those who see the glass as half empty, see a situation as negative, unchangeable, static, or fixed. In the current era of COVID-19, how we see our world matters. With daily (or even hourly) changes, being adaptable to situations is important to our overall mental health and well-being. Making an effort to see things in a positive way contributes to reduced stress and anxiety and opens us up to see increased possibilities for solutions to problems. When confronted with situations – take the time to consider – am I seeing this as half empty or half full?

DISCUSSION POINTS

1. What does having positivity mean to you? Why is having a positive mindset important?
2. What are ways that you can create a positive mindset?
3. How can you help generate positivity in our community?

What is one thing we can commit to doing regularly (daily, weekly, or monthly) to cultivate positivity in our community?



THE CHALLENGE

Commit to keeping a positive mindset. Over the next week, identify times that you find yourself thinking negatively or feeling stressed about a situation. Take a moment to evaluate your thoughts and consider ways you might see the situation differently. If the situation causes continued stress or anxiety, commit to reaching out for support. Sometimes talking to a friend, family member, or professional counselor can help you shift your thinking and see things in a different way.



This guide is designed to expand the scope of the GRIT Check 6 with lifestyle topics that generate discussion and increase warrior capacity across the community, family, and individual lifespan.