

Title:

Work Life Balance And The Power of Positive Thinking

Word Count:

1042

Summary:

Can we learn how to respond optimistically and hopefully to events that challenge work life balance?

Keywords:

work life balance, positive thinking, hopefulness, resilience, optimism, pessimism

Article Body:

It's important to get a handle on mood swings or energy shifts if you want to maintain your work life balance.

I like to think of the process of building hopefulness, resilience and positive thinking skills as a journey.

The first hurdle to get over is the belief that you already need to be different in order to succeed.

Seligman points out that people with an optimistic approach to life habitually accept positive outcomes.

Here's a practice he recommends for shifting from hopelessness to hopefulness. I successfully used it.

Adversity -- Beliefs -- Consequences -- Disputation -- Energization.

A - Adversity

Start by spelling out the nature of the situation. Notice that you can experience hopelessness.

B -- Beliefs

This is your opportunity to spell out the thoughts and beliefs that are fueling the negative mood.

C -- Consequences

Look at the consequences of your beliefs -- what happened as a result? How do you behave? What do you think?

D -- Disputation

Actively dispute the beliefs that break your life balance and send you into the downward spiral.

E -- Energization

When you have been effective in disputing the problem beliefs, you feel an influx of energy, a sense of control.

So, here's an example from my life:

Adversity:

I was excited about moving forward on two projects when I fell on my bike and cracked my ribs.

Beliefs:

How will I ever restore my work life balance and get things done if I can't stop these mood swings?

Consequences:

These beliefs leave me feeling very sad and small, like a six year old, and then I wonder how I can move forward.

Disputation:

Constant low-grade pain can take it out of anyone. The world is not going to come to an end if I can't work.

Energization:

I called and emailed colleagues to regroup. Not only did these conversations relieve my anxiety, they also helped me see the bigger picture.

See how this works? I do strongly recommend the book as there are many more practices in it that can help you.

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