



# Dr. Tracy's Counseling Services

20 years of experience

**Q:** My co-workers are very negative and complain a lot. I am not usually like that and want to separate myself from the negativity but it is difficult.

**A:** Staying positive during those negative moments is always challenging. Being positive in the workplace will help you be a more effective worker but it will also improve your overall well-being.

Put your work in perspective. Ask yourself these three questions: Is it personal? Is it permanent? And does it matter in the big picture? If the answer is no, you can put the situation in its place by realizing that it is not a big deal. You can move your energies to more important things in your life.

Act positive and friendly even if it is difficult. Try to move the conversations to more upbeat and positive topics. Tell a funny story or joke, talk about the television shows from the previous evening rather than staying in the unknown and negative topic of possible layoffs. People who are always negative, are not people that others gravitate towards. They are also typically not promoted.

Try to have a good work-life balance. If your main focus is work and the negative things that are happening there, it can dampen your overall outlook on life. If all you ever do is work, it can drain you of energy to be engaged in other parts of your life. It is very important that you have activities and friends that are not connected to work.

Coming from a positive attitude and perspective you will feel more in control. Consider each job and interaction as your best performance, rather than just running them together as part of your day. You will see the impact you have. People will be attracted to this. They will notice how well you do things and they will truly value you.

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