

Occupational Health & Safety Talks

protecting the worker through safe practices & internal responsibility

Wellness- Maintaining a Positive Attitude in the Workplace

Maintaining a Positive Attitude in the Workplace

With the current economy in a recession, it can be difficult to maintain a positive attitude in the workplace. In fact, sometimes it can seem impossible.

Instead of falling victim to the negative work attitudes that surround you, make an effort to buck the trend. Look for the good in your coworkers and your workplace. By learning how to communicate with coworkers effectively, you will gain recognition as a force of positive attitude in the workplace. Here are some first steps for how to communicate with coworkers effectively:



Be Appreciative

It is always nice to get a pat on the back. If you're wondering how to change your negative attitude, start by observing how you communicate with coworkers. If you practice asking useful questions, giving accolades and being gracious at work for two weeks, you'll notice a difference in the people you work with and in your own feelings about work.

Recharge Yourself

A great quote is "A dead battery can't charge a dead battery." Stop complaining about negative work attitudes and lend your own energy to creating a more positive attitude in the workplace.

Enthusiasm is infectious. If you're going to spend eight hours a day at work, why not make it more than just

tolerable. Make an effort to smile, laugh, and enjoy your job. If you work to create a more positive attitude in the workplace, others will follow. Be the office live wire!

Volunteer Your Time

Now is the perfect time to find a way to contribute to the greater good in your workplace. No matter how busy you are, look for five minutes that you can give every day. Others are sure to appreciate your efforts and you might even enjoy it. Look for opportunities for coworkers to participate in a charity fundraiser. When looking for a team project draw from the needs and concerns of your coworkers.

Avoid Negative Work Attitudes

Negative work attitudes create a vicious cycle that can rob energy from an organization. If you always tend to see the glass half empty, try something new. You'll be surprised by how much of a positive attitude in the workplace this will create and how much more productive you and your coworkers will be.

You'll notice this isn't just a list of actions but also workplace attitudes. It's your workplace attitude plus your actions that lead to your altitude in a company. Learn how to give, and watch your career rise with your attitude.

Source: www.healthyworkplacemonth.ca



Safe & Well Waypoint