

How to stay positive

In these scary times, it's tough to stay positive. You read and hear about the economic crisis every day; at home, at work, it's everywhere!

Our natural inclination is to keep our head down and focus on ourselves and our families. But now, more than ever, we need to stay positive and connect with our peers and our communities. Being shortsighted and insular will only aggravate the situation. Staying positive and working together as a community are the actions that will dig us out of this recession and keep us balanced and positive in these negative times.



So, how do you keep a positive attitude when everything around you is negative?

- Negative comments and negative self-talk feed on themselves. Make a conscious decision to keep your life positive.
- Keep your options open. One of my favorite sayings is “it’s the smart girl who has plan B.” With no options, it’s difficult to stay positive.
- Grow your support base for you, your family, and your library. Community teamwork is driving the nation’s recovery.
- Act on your aspirations and dreams, not on your fears. Now, like never before, people are returning to their moral core and looking for the best of solutions, not just any solution. It’s as if hope has come back into fashion!
- Helping others is the easiest way to stay positive. In libraries, we have that opportunity on a daily, if not hourly, basis.
- Be a role model of positivity. Just like a pebble tossed into a pool of water, it all starts with you and your personal decision to be positive.
- Celebrate the good times. For example, the Alliance staff had their annual staff appreciation event last Thursday. This year, it was a breakfast dance in our parking lot. At 7:30 am, we danced (nothing like a little Motown to get your feet moving), had some breakfast, and enjoyed the early summer morning. It was not an expensive affair (my husband cooked), but we celebrated our successes, enjoyed each others company and recommitted ourselves to making a difference to our community. Although it was a small effort, the results will sustain us through a whole year of hard work.

Staying positive will enable you to better lead your library and your family through these tough times.

Have a swell week!

Kitty Pope
kpope@alliancelibrarysystem.com

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