

Help...I'm in a Slump!

by Jen Edwards, Vice President of Operations

It's so easy to get there isn't it! Be it personally or professionally. Here are tips to pull yourself out of that wet, sappy, ditch.

1. Have confidence in yourself. Know that you have the ability to do whatever you put your mind to! Know that it will happen. Envision how it will feel, what it looks like, and what you will do when this happens!
2. Use "when" instead of "if." When I pay off my credit cards, when I get my next raise, when I lose 10 lbs. Never create doubt with yourself. Know that it will happen!
3. Don't "try" to make it happen. I'm trying to loose 10 lbs. I'm trying to produce more at my job. I'm trying to make a good impression. I'm trying to get a job. Don't try...go do it! Lose that 10 lbs, produce more, go get a job! Trying is mediocre - making it happen is excellence.
4. Be eager! How bad do you want it? Tell people what you want. Communicate! If you want the job, ask for it! If you want the sale - tell your prospect you want it. Make it happen! If you want to break up with your boy/girlfriend do it! You won't hear as much if you don't ask for it! Be excited, show some enthusiasm!
5. People get excited when they see others who are excited! Excitement is contagious.
6. Get rid of the negativity in your life. If there is someone in your life who isn't a cheerleader for you, or for life, get rid of them. Set boundaries. You don't have to answer the phone when they call; or take the call and if they start whining - tell them you've got to go. If the lunch room is a snake pit for negativity - eat at your own desk, or take a walk. Remove yourself from the situation! You don't have to listen to it. You are an adult, make the better choice for yourself and remove yourself from the negativity pit!
7. Is it really that bad? Is the situation you are encountering worse than being blind or having your right arm cut off? Ask yourself that question. If you think it's that bad hang out in the lobby at Children's Medical
8. Center on your next lunch hour. I PROMISE you don't have to look too far to find someone who has it a whole lot worse than you do!
9. Keep a gratitude journal. Be thankful. Find time in your day to write 5 positive things that you are thankful for! Good things happen to grateful people! If you've had a rough day this will help you.
10. Laugh! Watch a funny movie or read some jokes. Call your best friend, or someone else who knows how to make you laugh! Laughing is euphoric it is also contagious and who doesn't feel better afterwards.
11. Do something for yourself. Take a long bath, get a massage, go to your favorite store and buy something that you feel fabulous in!
12. Know that everything will be o.k. Imagine the worst thing that has ever happened to you. Hasn't it gotten better with time? What seems horrible today probably won't seem as bad 1 month, 1 year, or 10 years later. It will be o.k.!