

Maintain a positive outlook

Remember Eeyore, the gloomy donkey in the Winnie the Pooh stories, who always saw only the negative side of affairs? There was no silver lining to the clouds over his head, no possible good outcome from any venture. He was a small black hole, sucking in the energy of those around him as he plodded toward (and created) a bleak future.

Our outlook on life, whether at home or work, not only affects ourselves but also those around us. Passion and enthusiasm thrive in an atmosphere of optimism and confidence in the future.

Reference: When Sparks Fly: Igniting Creativity in Groups, Leonard, D. & Swap, L. 1999, Boston: Harvard Business School Press.



"Be resilient: stretch, bounce back and roll forward."

Resiliency Reminders are brought to you by the "Families in Stress and Transition Team", Family Living Programs. More information on strengthening family resiliency will be posted mid-November at <http://www.uwex.edu/ces/flp/> or contact Patrick DuCharme, Employee Assistance Consultant, 800-385-8511, patrick.ducharme@uwex.uwc.edu