

# 3 Tips for Maintaining a Positive Attitude in the Work Environment

You may not always be able to control your circumstances at work, but you can always control how you respond to them. Remaining positive in the face of a challenge can go a long way towards improving your mental and physical well-being. In addition, your positive attitude may help others be more positive as well.

# 1

## Shift your mindset from “I have to…” to “I get to…”

Working in child nutrition is essential! For many children, school meals represent the only reliable source of good nutrition. When you have the mindset of “I have to go to work,” try shifting your perspective to “I get to make a difference in the lives of children with the services I provide each day.”

## Practice being positive

# 2

Although some days may be more challenging than others, it is important to remember the power of positivity. One way is to focus on self-talk. Practicing positive and motivational self-talk can change any negative situation into a positive one.

# 3

## Encourage and uplift others

Spread positivity by encouraging the people around you and letting them know how much you appreciate them.



### References:

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