

CORE SKILL #4: POSITIVITY

Positivity, including gratitude, is the practice of noticing and enhancing the positives around you.

Does your work ever focus you too much on *problems* to be solved and on *difficulties* life can bring? Physicians are trained to assess and solve problems. And physicians tend to be perfectionists. Perfectionism has a dark side. Learning to live with imperfections is a concept called “self-compassion.”

Being appreciative is focusing on the positives of life, including dwelling for a moment in a thankful attitude. Heartfelt positivity fosters resilience.

TOOLS

Mindful positivity

Be mindful of positive experiences, even the tiny ones.
Be un-mindful of worries; notice them, then let them go.
Mindfully re-focus when your mind goes to the negative.

3 Good Things

Reflect daily on “3 Good Things” for 3 weeks
<https://youtu.be/ZOGAp9dw8Ac>

Self-compassion practice

Try a simple “Loving-Kindness Meditation:”

“May I be happy...”

“May I be aware of all the ways to have the life I truly desire...”

Self-compassion research: Neff & Germer (2013) J Clin Psychol 69:28-44

Gratitude practices

1. Pick one small moment in your day and let yourself be grateful for “this moment, just as it is.”
2. Express thanks to someone who does not expect it, maybe your partner or a colleague at work. Expression of gratitude has been shown to improve relationships.

Positivity ratio 3:1

This is the “positivity quotient”: 3 positives to 1 negative

www.positivityratio.com