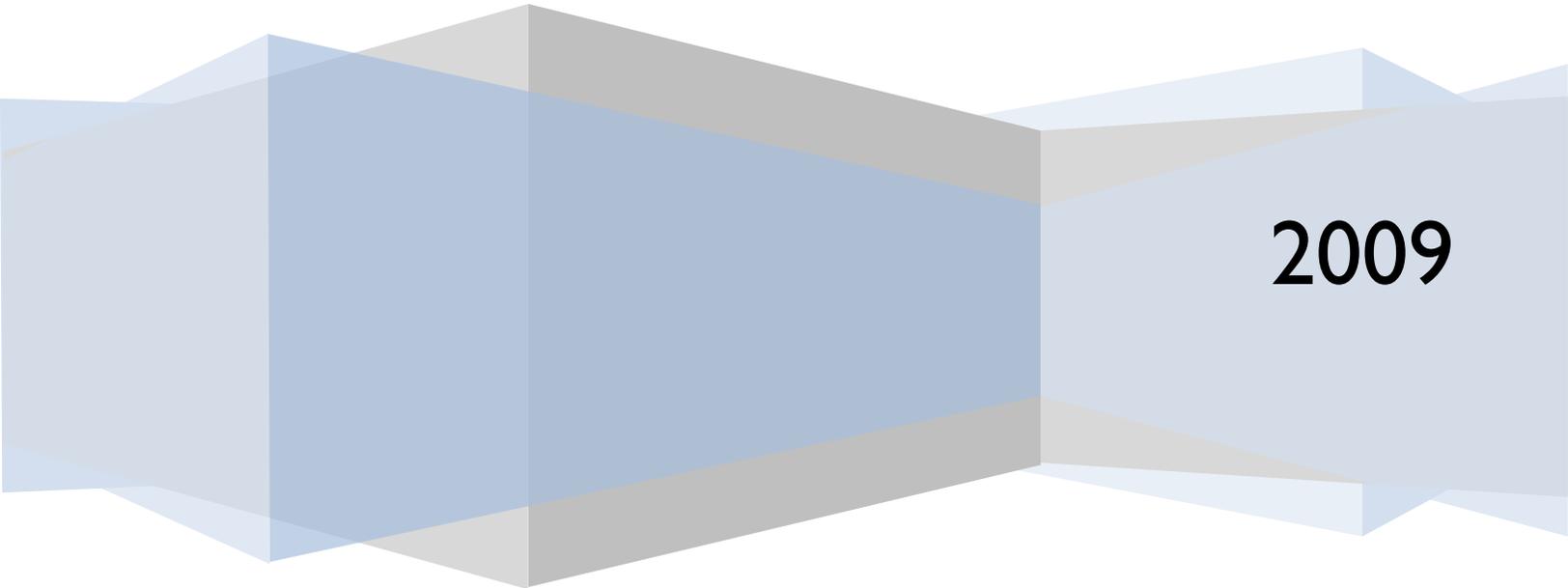


Triad West Inc. & Positively Powerful Events

**Through Chaos,
Come Great Beginnings.
Seize The Time.**

Tips For Staying Positively Powerful
By Dr. Joel Martin



2009

Through Chaos, Come Great Beginnings. Seize The Time.

Tips for Staying Positively Positive

By Dr. Joel Martin

President of Triad West Inc. & Positively Powerful Events, 2009

*The first beginnings of things cannot be distinguished by the eye.
– Lucretius 99-55 BC*

This is the perfect time to be alive!

You've heard it all..."Signs of a weakening economy"... "Raging downward swing"... "Driving Wall Street down in light trading"... "Cascade of devastatingly awful economic news"... "We are living in a time of great challenge, unemployment, hard times..."

How are you feeling? Do you feel safe or fearful? Secure or insecure? What are you experiencing physically in your body? Warm or cold? A slight heaviness in your chest region? How's your self esteem? A little shaky or steady as a rock? What's the status of your vision, mission, and purpose? Going full steam ahead or on the back burner "until conditions change?" Are you stressed, depressed or handling it all?

How is your health? "Studies now indicate that between 70 and 80% of all disease is related to, if not directly associated with, stress" says Brian Luke Seaward. In Eastern philosophies, stress is considered to be an absence of inner peace. Do you have ways to restore your calm? The Buddha was once asked to explain true happiness. He replied, "When faced with the ups and downs of life, still the mind remains unshaken, not lamenting, not generating defilements, always feeling secure, this is the greatest happiness." Are you living this way?

For many, it's a lot easier to feel secure, enlightened, happy, and visionary when things are going good. I'm in the business of supporting people to feel great, joyful, and successful regardless of circumstances. So here are a few tips that I've found useful. May they bring you peace physically, mentally, emotionally, and spiritually. If there is any way that I can be of assistance through Triad West inc. and Positively Powerful speaking, coaching and trainings, please email me at jpmartin@triadwest.com.

The Physical

Breath

Within your power and free. Diaphragmatic breathing is the most basic relaxation technique' breathing from the lower stomach or diaphragm rather than the thoracic area. Train yourself to breathe deeply when stressed and smile. This doesn't presume that there is something that you are smiling about but rather that you are engaging in another physical shift for a positive effect. (It's hard to stay angry when there is a smile on your face.)

Meditate

A practice of reflecting on internal rather than external stimuli. Meditation is a tool to unclutter the mind and bring about "mental homeostasis." Homeostasis - also known as a set point or home base - regulates our internal environment so as to maintain a stable, constant condition.

Walk, Dance, Jog, Etc.

Get your body in motion. For me (and many others), physical activity is a calming tranquilizer. Walking, for example, can be a time when I allow my mind to rest and think of other things. Some of my best new business ideas have come to me in walks through the neighborhood.

Balance your physical activity with periods of restoration. Like great athletes, when we expend energy, we draw down our reservoir. When we recover energy, we fill it back up. Too much energy expenditure without sufficient recovery eventually leads to burnout and breakdown. Here is a superb book on energy. It's required reading in one of my client's executive coaching programs (RSM McGladrey). *The Power of Full Engagement* by Jim Loehr and Tony Schwartz.

Eat well.

Watch out for a craving for "comfort foods" like the carbohydrate-rich mashed potatoes, candy bars, etc. These "goodies" can be "baddies" providing only temporary emotional comfort. They increase our blood sugar levels for a quick boost but two or three hours after eating these foods, our insulin levels soar, causing our blood sugar levels to plunge....which leads to a cycle of more stress, and bad mood feelings. Plus the

pounds will add up and this is not the time to be overweight. You need to look your best and feel your best! Take care of your gorgeous body.

Drink plenty of water. Eat veggies and fruits. Choose foods with protein to strengthen and maintain your muscles such as almonds, fish, sushi and lean beef to help reduce mental stress and keep your body physically healthy.

Take action

Do something about what matters to you! It's fine to ask "what's wrong?" but don't dwell on it. That leads to analysis paralysis. Get up! Get busy! Get out! A question from the Talmud: "If not you who, if not now when?"

I have a friend who spends a lot of time trying to "figure it out"; more time sitting with her thoughts than out making it happen asks, "What if it doesn't work?" I answer, "Well, what if it does?" Then, "What's the worst that will happen if it doesn't? You'll have another learning opportunity. You can handle it."

The Mental

Yes brain storm, get support for your new ideas, and use your mental capacity to train yourself to live free and to be abundant. [How To Be A Positively Powerful Person](#) has strategies for this.

Learn

Take time to strengthen your mental muscles. Read, visit online media, be curious, update your field of expertise, and go to the library. It's a fact: You can learn anything that you want. What do you want to know about to magnify your gifts, create personal power or (you fill in the blanks)?

Play games

Get together with friends for something physical like basketball or skating, or something mental like Scrabble, whist, Monopoly, etc.. Games can be social events, free, and lots of fun. Encourage laughter (see below). As one of my colleagues says, "Life is much too serious to be so serious." Play the solo games too. I like cross word puzzles. While I haven't gotten into Sudoku yet, a lot of friends have. (You can get free puzzles online.) Whatever games you play, the mental exercises will keep your brain sharp.

The Emotional

Laugh

Laughing also boosts the brain's alertness, relieves stress, and has positive health benefits. According to Dr. William Fry, one minute of laughter is the equivalent of 10 minutes on the rowing machine. Let's follow the wisdom of the Dalai Lama who offers this among other great quotes, "The purpose of our lives is to be happy." Let's laugh loud and a lot.

Reframe

Some things just won't be funny in tough times. After compassionate inquiry, figure out a way to speak about the "negative" perceptions, circumstances, events, and/or people in a positive way. This may seem like a mind game for people beginning the practice of reframing BUT by changing how we think, we changed how we feel, which changes how we act which directly impacts the results we get.

- Make mistakes into lessons. Treat them like learning opportunities. Imagine how few inventions there would be if the inventors believed that the experiments that failed were mistakes? (How many times did Edison fail while inventing a light bulb? Thousands. He expected to.)
- Give up trying to be perfect. With perfection, there is no room for error or mistakes because we are judging according to standards that must be met. Excellence is a more workable goal. Then we are more apt to learn, have energy, and accept ourselves and others...warts and all. There are many ways to be excellent...and only one way to be perfect.
- End pity parties. Don't buy in to yours or anyone else's. They don't serve anyone. Don't feel sorry for yourself or others for too long: If you have "toxic" friends who want to include you in their "life sucks" explanation of why their life is like it is. Celebrate their successes with them. (That should interrupt their thinking.) Get additional friends. This you can do through networking. When we consider our results our responsibility, we own the power.

The Spiritual

Give

Stay positive. Do what you can about what you can influence. Your choices are in your domain. What makes you happy? What brings you joy? Volunteer in this area. When you focus out through giving to others you will feel better. Volunteering is a plus to the organization you'll be serving and on your resume too.

Appreciate

Have an attitude of gratitude. Research suggests that the feeling of gratitude may be beneficial to subjective emotional well-being. For example, researchers had participants test a number of different gratitude exercises, such as thinking about a living person for whom they were grateful, writing about someone for whom they were grateful, and writing a letter to deliver to someone for whom they were grateful (three strategies you might take on.) Participants who had grateful personalities to begin with showed the greatest benefit from these gratitude exercises. In people who are grateful in general, life events have little influence on experienced gratitude (Mc McCullough, Tsang, & Emmons, 2004).

Have Self-care

If your friends talked to you the way you talk to you, would you still consider them your friends? As you consider your own successes, "mistakes", lessons, what's your internal conversation about you? We all have a "little voice" that gives us a running dialog on everything about and around us. Support yourself with some empowering sound bites like, "yes I can," not disempowering ones like "I'll never be able to do it" or "I'm not enough." Give yourself a break. Give to yourself the way you give to others.

Pray

Research shows that prayer can change lives. When the effects of prayer were studied at Princeton, those who attended church weekly lived longer. Those who prayed regularly had significantly lower blood pressure. Those who attended religious services had healthier immune systems and became depressed less often. And when they did become depressed, they recovered more quickly. It is my belief that this applies to all heartfelt and spiritual practices.

Dare To Dream, Through chaos, comes great beginnings. Seize the time.
From the Talmud, "If not you who, if not now when?"

About the Author

Dr. Joel P. Martin is known for her educational, inspirational, and entertaining speeches. She is a renowned presenter, award winning communicator, master trainer and executive coach. She has spoken before audiences of educational institutions, major corporations, nonprofits, and small businesses across the U.S. and internationally (China, Taiwan, United Kingdom, Republic of South Africa, Malaysia, France, Russia, Finland, and Latvia).

A behavioral scientist, Dr. Martin earned a Masters in Psychology, Doctorate in Communications, and a Wharton Business School Fellow. She was featured on the Today Show, the NY Times, Essence, U.S. News and World Report, Black Enterprise, Working Women, and Fortune.

Dr. Martin appears in the transformational films *The Answer*, *Loving Relationships*, and *Fire Side Chat*. Dr. Martin is an entrepreneur who understands firsthand what it takes to grow a multi-million dollar business and to successfully deal with change.

Today, she is the President and CEO of Triad West Inc. a consulting and training firm. Dr. Martin is the designer of award winning and industry leading *Diversity University* and *Leadership Alignment* programs for a national senior citizen housing owner and

manager. Her program produced employee satisfaction surveys that exceeded national norms for service industries. She developed and delivered *The New Organizational Leader* training program to address the needs of newly promoted managers who are experts in their fields of chip design. And she designed and directed a multi-task soft-skills and Work

Related Resources:

[eLearning and Coaching Programs](#)

Related Reading:

Student Laboratory Manual for Physical Examination & Health Assessment

Enhancing Adult Motivation to Learn: A Comprehensive Guide for Teaching All Adults (Jossey-Bass Higher and Adult Education)

Managing Stress by Brian Luke Seaward

2009 Related Events:

- Positively Powerful Business Breakfast: Rodrick Miller & Betty Pinchon [Feb. 6th](#)
- Positively Powerful Women Celebrate! Gala Awards & Women-Only 2009 Workshop [April 17 & 18](#)

Website: www.triadwest.com

Blog & Learning Network: www.positivelypowerful.com/Insights/

Readiness Training Program for the Mayor's Office of Chicago that successfully assisted 72 inner city young men and women in finding jobs. Her program included screening, hiring and training of trainers, coaches and logistics people, participant follow up, and administration. 100% of those interviewed were hired.

She is also the owner of Positively Powerful Events & Productions where she has launched The Les Brown & Joel Martin Retreat, The Empowered Entrepreneur, Positively Powerful Breakfasts, and Positively Powerful Women Celebrate Gala Awards Dinner and Workshops. Previously she was the president of one of America's first Black or women-owned full service advertising agencies. She made history as the creator of a new beverage product for Anheuser-Busch. She closed this company to pursue her dream of being a transformational expert to individuals and their organizations and a professional speaker.

Dr. Martin's expertise is in leadership, diversity, breakthrough performance, and managing the relationship challenges of technology. She is a passionate advocate for women, generations, and cultural understanding. She has delivered keynote addresses to the National Association of Women Business owners, IT Alliance, National Alliance of Market Developers, American Contract Compliance Association, American Baptist Homes of the West, Ohio State University, The Ohio Governor's Office Women's Event, Accenture, IT Alliance, and eWomen Network.

Dr. Martin serves as FraserNet PowerNetworking Conference Director of Education and Training, as Delegate at Large for the American Homes and Services for the Aging, Board Member of Sister Cities of Scottsdale, Board Member American Baptist Homes of the West, National Alliance of Market Developers, Emeritus Chairperson and past Board Member of Consortium For Learning And Research In Aging (CLARIA), American Red Cross Grand Canyon Chapter. She was also appointed by Arizona Gov. Janet Napolitano to her Youth and Gang Commission.

Dr. Martin's recognition and awards include Greater Phoenix Black Chamber of Commerce Community Advocate of the Year, National Alliance of Market Developers Entrepreneur of the Year, ISTTD (Digital) Architects & Pioneers Award for Entrepreneurial Development, Outstanding Young Women of America, Who's Who in the East, International Who's Who of Entrepreneurs, and Distinguished Alumni Award from Ohio State University. Dr. Martin. A native of New York City, grew up in Toledo, Ohio earned her undergraduate degree from Ohio State University. Her home-base is Scottsdale, Arizona. She is happily married to Robert (Bob) S. Martin, an oil painter, and the proud

mother of Cybel S. F. Martin, a cinematographer/director of photography for feature films, documentaries, and music videos.