

Get Through The Chaos, Create Your Great Beginning!

17 Tips For Staying Positively Powerful

By Dr. Joel Martin



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“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...

So, 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 or depressed or handling it all?

“Studies now indicate that between 70 and 80% of all disease is related to, if not directly associated with, stress” Brian Luke Seaward. How is your health? In Eastern philosophies, stress is considered to be an absence of inner peace. Are you at 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 right now?

For many people, it's a lot easier to take action, feel secure, enlightened, happy, and visionary when things are going good. I transform lives and businesses for the better and coach people on how to stay focused on what matters to them regardless of their circumstances. From personal experience I know that it's not always easy but it is possible. Use these tips especially when you are caught “in the blender” of life's turmoil. May they bring you peace physically, mentally, emotionally and spiritually.

The Physical:

1) Breath

Within your power and free. Train yourself to breathe deeply when stressed and smile. This doesn't mean that there is something that you are smiling about but rather that you are using an additional physical shift for a positive effect. (It's hard to stay angry when there is a smile on your face.)

2) 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.”

3) Walk, Dance, Jog, Etc.

Get your body in motion. For me, and many others, physical activity is calming. Walking, for example, is a time when I allow my mind to rest and think of other things. Some of my best 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 -- *The Power of Full Engagement* by Jim Loehr and Tony Schwartz.

4) 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 and to help reduce mental stress and keep your body physically healthy. There is a lot of information about healthy eating (and every topic imaginable) available online.

5) 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. She 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."

6) The Mental

Yes brainstorm, get support for your new ideas and use your mental capacity to train yourself to live free, be innovative, in action and abundant. Create a mastermind group. Get out and network. My book *How To Be A Positively Powerful Person* has more strategies for this.

7) 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 more about that will magnify your blessings, gifts, personal power or (you fill in the blanks)?

8) Play games

Get together with friends for something physical like basketball or skating, or something mental like Scrabble, whist, Monopoly or Words With Friends online. 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:

9) 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.

10) Reframe

Sometimes “bad things happen to good people”. 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.

11) 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.)

12) 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.

13) 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:

14) 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.

15) 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).

16) Love Yourself

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.

17) 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.

About the Author, Dr. Joel P. Martin **Transforming Lives And Businesses For The Better**

Dr. Joel P. Martin is known for her enthusiasm and her dynamic, informative and interactive speeches. She is considered “*a genuine genius in her approach to personal transformation.*” She is a specialist in the delivery of transformational experiential education and earned a Masters in Psychology, PhD in Communications and induction as a Wharton Fellow, Wharton Business School.

Dr. Martin is an international trainer, coach and speaker who speaks on:

- How To Be A Positively Powerful Person
- What it means and how to be The Transformative Leader
- The TEACH strategies that Connect, Empower And Enroll
- The Generative ACTION Process that takes a vision to reality
- How to develop Diverse And Inclusive Cultures

Her books include *How To Be A Positively Powerful Person!* and *Get Your Me Brand Awareness (MBA) The Positively Powerful Way* on personal branding.

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