



# Remaining Positive When Others Are Stressed

## Working in schools can be stressful!

These articles are intended to help the great people who work in schools to reduce their stress and increase their sense of satisfaction from the important work they do. Your feedback is welcome!

## Key points

Ultimately our happiness is determined by the choices we make

If you wait for conditions to be better - you might be waiting a LONG time!

Happiness at home and at work are connected

Negativity is contagious (so is happiness!)

**The best way for a person to have happy thoughts is to count his blessings and not his cash.**

Anonymous

Have you ever noticed that some people are able to maintain their positivity, even in stressful situations, whereas others do the opposite? Why is this?

Positive co-workers have the right attitude. They realise that although others can act in ways that help to make us stressed or happy, ultimately our happiness is determined by the choices we make. They don't expect perfection from themselves, their colleagues or their workplace. It is OK to have a bad day or two. But a bad week or month is not so good.

They also appreciate that their happiness is not determined by the absence of challenging circumstances at work. If you wait until your workload is more reasonable, changes are better managed, and difficult co-workers to become easier before you allow yourself to be happy, you may well be waiting a long time.

Happy employees also take action. They appreciate it is up to them to know what helps them to feel more satisfied at work and to communicate this to their Principal, Deputy or HOD. Rather than settling for a miserable time at school, they do their best to influence change within their or to get satisfaction from their work.

They realise that their happiness at work affects their happiness at home. They also know that what they do in their free time also affects their happiness at work. They realise that it is their responsibility alone to make their home life more rewarding. A life spent focused primarily around your work will never make you happy.

Positive co-workers also give. They realise that one of the best ways to become happy at work is to make their co-workers happy. Although a pay rise or a promotion brings about temporary feelings of satisfaction, ultimately these things will never make you happy. Lasting satisfaction comes from helping people to feel happier. The good news is that although negativity is contagious, so is happiness. It is also easier to stay positive when you have positive people around you.

Although it would be great if our co-workers and employer were also making a positive contribution, someone has to set the example. It may as well be you!

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Ken Warren BA, M Soc Sc CSP is Australia's leading speaker on Workplace Relationships and an expert on People Management Skills. With his engaging, interactive and positive seminars, Ken has shown thousands how to turn difficult people around and bring out their best.

Check out all Ken's FREE resources at [www.positivepeoplesolutions.com.au](http://www.positivepeoplesolutions.com.au)

