

Your mood can be infectious!



We choose our own attitudes

I tend to drive, but there are occasions when I need to take a train.

Monday of last week was one occasion. I enjoyed my half mile stroll to the station. I breathed in the fresh air and enjoyed the feeling of cold air on my cheeks. It's good to be alive!

My arrival at the platform was timely, as the train was pulling in. People shuffled head down towards the train...Little interaction or recognition of each other.

The train was busy...full in fact. I looked around me and was surprised at what I saw. Not one person was smiling, most were in a world of their own, and it did not look a good one! No conversation, no chatter, no friendly greetings!

Part of me was tempted to offer everyone five good reasons to be cheerful, but I think that the carriage was beyond even this!

We choose our own attitudes and in doing so, this can affect our behaviours. The behavioural triangle demonstrates this...Our attitudes drive our feelings & emotions, and this determines helpful or hindering behaviours. Similarly, we don't behave like a switch...We can't just switch on or off our performance!

Medical evidence reinforces the fact that each time you smile you excite your brain. The act of smiling triggers neural messaging that benefits your health and happiness. This not only relaxes your body, but it can lower your heart rate and blood pressure.

Endorphins are released...We feel good about ourselves! Anti-depressants contain serotonin which helps to lift our moods...Smiling releases the same chemicals!

Smiling also has an amazing effect on others...It be contagious...Imagine what the reverse can do. We choose our own attitudes...Choose wisely!

"If you don't like something, change it. If you can't change it, change your attitude".

Maya Angelou