

Hi JHCS Families,

As many of you may have found, or are finding, many of us are “hitting the wall”. At first, rallying to stay home and stay safe was something that many of us got on board with even though it was difficult. However, as the weeks drag on and we stay home and stay safe for many of us the roller coaster of emotions has affected our attitude. I know my attitude is something I have had to be very conscious of as time drags on. Below are ten ways that help self check our attitude. Also, below is a link to a TED Talk I found helpful to refocus and to shifting your mindset.

1. Stay away from negative and pessimistic people
2. Do not complain and blame others for your mistakes, problems, misfortunes, and setbacks.
3. Be more in touch with your thoughts and feelings, do not get carried away by your worries.
4. Always work on maintaining a positive attitude about things.
5. Learn to adapt. Things change, circumstances change.
6. Face your reality with courage
7. Concentrate on the beautiful things in your life.
8. Look for better or different ways to do things
9. Be in charge of your life.
10. Do not make excuses to relieve yourself from your responsibilities.

**“Small choices become actions,
Actions become habits,
and habits become our way of life!”**

Also, May is “Mental Health Awareness Month”. I have attached a calendar that contains a lot of information that you might find helpful.

Have a Wonderful Week,

Sam Grabert

10 Ways to Improve your attitude and improve your life

<https://www.youtube.com/watch?v=KlzL2ocQl5I>

Change your mindset change the game: Dr. Alia Crum

https://www.youtube.com/watch?time_continue=61&v=0tqq66zwa7g&feature=emb_title