

Ac-CENT-Tchu-Ate the Positive

Songwriters Arlen & Mercer 1944;

Presented by Kay Kyser and his Orchestra

Gather 'round me, everybody

Gather 'round me while I'm preachin'

Feel a sermon comin' on me.

The topic will be sin and that's what I'm ag'in'.

If you want to hear my story,

Then settle back and just sit tight

While I start reviewin'

The attitude of doin' right.

You've got to accentuate the positive

Eliminate the negative

And latch on to the affirmative

Don't mess with Mister In-Between.

You've got to spread joy up to the maximum,

Bring gloom down to the minimum,

Have faith or pandemonium's

Liable to walk upon the scene.

To illustrate my last remark

Jonah in the whale, Noah in the ark

What did they do just when everything

looked so dark?

Man, they said,

"We'd better accentuate the positive

Eliminate the negative

And latch on to the affirmative

Don't mess with Mister In-Between.

Don't mess with Mister In-Between.

Ya got to spread joy up to the maximum,

Bring gloom down to the minimum,

Have faith or pandemonium's

Liable to walk upon the scene."

You got to ac-cent-tchu-ate the positive

Eliminate the negative

And latch on to the affirmative

Don't mess with Mister In-Between.

Important Phone Numbers

National Alliance on Mental Illness Help Line

1-800-950-6264 <https://www.nami.org/help>

Suicide Prevention Lifeline 800.273.TALK

Veteran's Crisis Line 800.273.8255 *press 1*

Pastoral Care—Pastor Jim Alexander 623.792.5295



Accentuate the Positive during August! Our WISE Moments for Mental Wellness will be moments that encourage you to use Tools2Thrive that promote positivity. We have included a link to the Kay Kyser and his orchestra version of our theme song for the month. As you prepare to embark on healthy ways of positive self-talk, , give a listen to the song and read the words.

S *Self-Talk - Self Thinking*

Our culture hinges a lot on the word “self-esteem”. Literally it is your reputation with yourself. And we experience that reputation through our internal dialog of talk or thinking. Sometimes we say it aloud to ourselves or others: “I didn’t do a good job.” “I am so foolish.” It is beyond the scope of the exercise to address how/where you might have learned negative things about yourself. But you do have a choice of changing your internal dialog if it is negative.

What we say internally carries more weight in our psychic than what we say aloud. Because in our own intimate talk/thinking we tell what we think is the real truth about ourselves. This talk is influenced by your subconscious mind and it reveals your core thoughts, beliefs, questions and ideas about you. What reputation you have with yourself.

Self-talk/thinking can be both negative and positive. It can be encouraging, and it can be distressing. Much of your self-talk depends on your personality. If you’re an optimist, your self-talk may be more hopeful and positive. The opposite is generally true if you tend to be a pessimist.

Positive thinking and optimism can be effective stress management tools. Indeed, having a more positive attitude can enhance your performance and general well-being. Other health benefits can include:

- increased vitality
- greater life satisfaction
- improved immune function
- reduced pain
- better cardiovascular health
- better physical well-being
- reduced risk for death
- less stress and distress

But how does one practice positive self-talk/thinking? You first have to identify your negative talk/thinking.



The negative generally falls into four categories:

- **Personalizing.** You blame yourself for everything.
- **Magnifying.** You focus on the negative aspects of a situation, ignoring any and all of the positive.
- **Catastrophizing.** You expect the worst, and you rarely let logic or reason persuade you otherwise
- **Polarizing.** You see the world in black and white, or good and bad. There's nothing in between and no middle ground for processing and categorizing life events.
- <https://draxe.com/health/positive-self-talk/>
- <https://www.healthline.com/health/positive-self-talk#identify-the-negative>

Do you recognize your internal language in the four types above? If so, which ones do you use most frequently?

LET'S DO A PRACTICE SESSION ON PAPER

Fill in the lines below with what automatically comes to your mind.

I just made a **mistake** and _____

If only I had _____

I know what's wrong with me _____

When you begin to recognize your types of negative thinking, you can work to turn them into positive thinking. This task requires practice and time and doesn't develop overnight. The good news is that it can be done. A 2012 study shows even small children can learn to correct negative self-talk.

LET'S TAKE YOUR RESPONSE STATEMENTS ABOVE AND TURN THEM INTO POSITIVE SELF-TALK

(these are sample positive responses; create your own after you have read the sample)

Mistake: No one gets everything right all the time. It is human to make a mistake. Mistake is two words that means I get another chance to do it different next time.

If only: I come learning how to do this. I will not expect myself to have an answer/response that is perfect with every interaction. I will give myself grace. Stop 'shoulding' on yourself. Shoulds are most likely someone else's expectation of you that you are acting on and not your own clear choice

I know what's wrong: There is likely not a right or wrong here. There can be another way to view this situation. Am I the only one involved in this interaction? There is nothing inherently wrong with me. I am human and I will have human responses. Emotions are neutral. It is the behavior I attach to my emotions that is important, and I can be in charge of that.

BEST PRACTICES TO WORK ON POSITIVE SELF-TALK/THINKING

Be aware of your inner voice.

With the exercise above, you just completed the first step in changing your self-talk to positive. Pause several times during the day and listen to what you are internally saying about or yourself. Right there and then, turn one thought into a positive truth about yourself. Self-awareness is the start of any kind of change. You'll be able to manage your self-talk just by noticing your thoughts from time to time.

Avoid all-or-nothing thinking.

Having an all-or-nothing attitude in life can be a source of pressure. Instead, learn to be more accepting of the variety of experiences that life will bring you. Focus on doing the best you can, and trust that the best outcomes will follow. When you avoid all-or-nothing thinking and concentrate on the work that you're doing, you'll have peace of mind. Remember: you come learning.

Express Gratitude

Research shows that expressing gratitude can play a powerful role in improving one's well-being. Spend a few minutes every day finding things in your life for which you feel grateful. List five to 10 things that you're grateful for. It's also helpful to write down the things you appreciate. Doing this will remind you of the good things in your life and can alter your brain in a positive way over time.

What can I learn from this?

With an inquiring mind that this is an opportunity, even if the situation is hard can become a positive life-changing force in your life. If it's a challenge, it is an opportunity to learn more about yourself, the topic, the situation, or the other person. This practice, over time, builds inner strength with which you will find more delight, liking yourself and less stressed.

Positive self-talk works by changing your internal narrative so you're the hero instead of the villain. When you do it regularly, it begins to change your mindset and sense of self worth, improve confidence and reputation with yourself. All these steps combined can rewire your internal dialog to a positive attitude.