

Maintaining Personal Space in a Sea of Negativity

Any talk of positive thinking and positive behavior may seem doomed in your current working environment. Maybe you're surrounded by incredibly negative thinkers who fail to see the benefits of doing anything more than complaining and arguing with everyone. So how do you maintain your own positive thinking in a sea of negativity? Well, let's begin by saying that it is certainly possible, but might take a little work.

It's not about you.

Keeping your positive thoughts and your positive attitude is really more a question of not allowing your emotions to overrule your thought process. Put another way, you need to put aside any personal feelings when dealing with negative people. They may be the way that they are for a really good reason (or not). Either way, you need to realise and truly grasp the fact that their reactions are not about you and your positive ways. You should take nothing personally. You haven't done anything wrong and there's no need to feel guilty for how they are reacting. If you've been positive and professional with them, then you can only allow them to be exactly who they are.

Centre yourself

Of course, there may be days when you feel like wringing some necks, but that's to be expected. You just don't act upon it. If you feel like you are being invaded by the negative thinking around you try to focus yourself with the following exercises:

- ✦ Deep breathing exercises. Take deep belly breaths, hold them, and then let them go. You can do this as often as needed. These breaths will help to steady your nerves and your heart rate in order to help you regain your composure and your calmness. Just breathe and focus on the things that are important and soon the frustration will disappear.
- ✦ Remember what you wanted to achieve at work today and re-focus on that, rather than being pulled into other people's mind-set. This act of centering yourself is vital in keeping you in the moment and focused on the task at hand.
- ✦ If you are still having trouble getting centred a great question to ask yourself is this... 'In a years time, if I think back to today, how important will this persons' attitude or comments be?'

Realise that the only thing that can affect you is your own thoughts and response, not other people's words or actions. Unless you allow it, you can never actually be affected by others around you.

You are much stronger than you think.

Your energy system is much more resilient that you realise and can handle being put into a negative situation. Actually, your mind/energy system is much like a muscle that strengthens each time you use it. By actively working to stay

calm in the face of negative thoughts or behaviours, you are creating a shield of sorts to protect yourself if you are around people who wish to be upset most of the time. You will learn that you do not have to be influenced by their thinking. You do not need to feel their misery unless you allow them to bother you.

Check your values.

If you find yourself continuously surrounded by people and situations that don't fit with your ideal way of working it may be time to re-assess your career goals and see if a change is required. It is important for your continuing health and wellbeing to be working and living in environments which honour your values and way of being in the world. No situation is perfect, but if it is less than supportive more than 50% of the time it may be time to make new choices. Don't know how? See next weeks article...

To recap.

Take the time to quiet yourself when you feel the negativity creeping in. You may once have felt like the others around you and you decided to be different. Maybe they will do the same, maybe not. In any case, maintaining your own sense of positive thinking will help to keep you sane both at work and home.

About the Author

Erica Bagshaw is the founder of The Alignment Group, an organisation dedicated to providing education and facilitation for individuals and groups to create meaningful direction and develop the resources and energy to accomplish it. Through coaching, teaching and speaking Erica helps clients leverage their energy and thinking to generate the outcomes that they seek. [She can help you to get clear on what is important to you or your business, decide a direction, create the steps, clear the blocks and follow through with it. Getting unstuck and opening up to new possibilities can be a liberating experience.](#)

Erica is a qualified NLP coach and Reiki Master/Practitioner with 15 years experience in the personal development field. With a corporate background in I.T., Business Systems Analysis, Recruitment, Sales and Management, Erica has a broad wealth of knowledge and experience of growing and developing small to large businesses. She believes that anyone can develop the skills and resources to live their life purposefully with clarity, dignity and with joy.

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Can we help you? Here are some of the things that people say about our services:

"Erica has the amazing ability to cut through the clutter and cut to the chase with her clients. Her work in goal setting, alignment and finding purpose is world-class - as good as and better than anything else I've seen or read." Gihan Perera, First Step Communications

"When my relationship broke up after 14 years, I thought it was the end of the world, but then I had some Reiki with Erica. The pain shifted and softened allowing me to imagine the possibility of a different future. In subsequent sessions using NLP and Reiki, Erica was able to show me how to move through all of the confusion and grief and come to a place of peace within myself that I don't think would have been possible had I gone it alone." Jan - Secretary

"I learnt how to think clearly. Instead of having life control me, I learnt the skills to control my life by no longer rushing from one emotional response to another. I was shown a tool kit to be able to look at things objectively and make responsible decisions. It made me understand that I am in charge of my life and all that is in it, I have set it up. I have the choice of how I view it and only I can change it." Natalie - General Manager

"I believe that change comes about as the result of consistent daily actions. The Alignment of the Mind is the only course I have done in 25 years of personal development that causes me to stay aware of my behaviour on a daily basis." Margaret - Transformation Specialist

"Working with Erica and the Alignment Group has been a truly life changing experience in my development as a person and in my professional endeavours. Erica's style, both professionally and on a personal level, is firmly based around the principles of honesty, integrity and a genuine desire to assist you in finding clarity, no matter what your situation. A wonderful coach and a wonderful person." Andrew Hill-Male, Owner, @HM Website Design

If you'd like to work with us

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