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Workers' Compensation Law Blog
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NEW YEARS' RESOLUTION: Less Negativity

POSTED ON DECEMBER 29, 2010 BY [VIRGINIA HUNT](#)

I'm resolved this year to be so positive that those around me can't help but to take some to use in their own battles with adversity and negativity. My clients come to me because they have overwhelming problems in dealing with their work injury- either medically, vocationally, emotionally, financially, or all of these things at once. My job is to be a problem solver and a source of information and inspiration for injured workers so that they may move beyond their injuries into a better life. That's a tall order for me, and some days I do a better job than others. In order to help my clients with negativity, both internal and external, I'm resolved to set a better example in my own life. Here's how I hope to do it:

1. **Write it down.**

I'm setting my alarm 1/2 hour earlier each day to handwrite three pages of whatever comes into my mind. This is time to complain, establish a wish list, vent anger, and just write freely. It's cathartic. I can unload some unnecessary baggage to make myself lighter for the coming day.

2. Thank someone for something every day.

I don't get around to sending a written note to someone every day, but I really have no excuse not to do that, as I have a staff to help me. As an injured worker, you will need a lot of help from a lot of people while you heal physically and financially. A simple handwritten thank you note to someone who has extended a kindness or good service to you says so much about you as a person, and produces wonderful surprises.

3. Clarify what I want and what I don't want.

This may sound obvious, but it isn't. It is incredibly difficult, for example, for many injured workers to tell me what they would like to do for a living if they could choose anything at all. For me, taking a few minutes to get away from external noise and all the busy things going on around me, helps me focus on what my goals are. When I am able to identify exactly what I would like to happen, it is more apt to happen.

4. Take more responsibility for my happiness.

Some days it takes almost a constant mantra of, "I can choose to feel differently about this", in order to stave off the negativity others are heaping on my head. In order to make room for the good that is ready to happen, we need to clear ourselves of the resentments we hang onto and the false focus on the unfairness of life. This attitude adjustment needs a lot of work, but I can resolve to keep trying to improve upon it daily.

5. Volunteer more

On days when absolutely nothing is going right, perhaps I simply need to give more time, attention, or money to

someone else. I often recommend volunteer work to those clients who are unemployed. And if you don't have time, energy, money, or attention to give away, then just extend some small act of kindness to another.

6. Be more patient and forgiving with myself
Best Wishes for a Safe and Happier New Year
Everyone! Virginia