



Monday Matters

November 11, 2013

Stop! Don't Think That!

Oh, no, a negative thought! Capture it and don't ever think that thought again.

We so often pursue happiness in order to stay mentally healthy and spiritually victorious. However, emotions, even negative or unpleasant emotions, which are inevitable, can give us a new perspective on life and at times even move us forward. A study conducted by Olin University found that participants who were making meaning out of their experiences with a mixture of happiness and sadness actually showed increases in good mental well-being.



Can you believe there are "less than positive emotions" worth embracing?

Anger...can it be fueled to re-direct?

Many times negative emotions, such as anger, can stifle creativity, but science suggests that they can also be used to spark it. Ghent University found that professionals who recorded they started the day with negative emotions but ended up with positive feelings had the greatest creative output.

Struggling with adversity...can it alter your outlook?



**Come, Thou Fount of
Every Blessing**
by Buddy Green

Quote of the Week

"You think about 60,000 thoughts a day. It's up to you to make sure that you don't use up 59,999 of them with negative, cynical thinking."

There is an old cliché that says what doesn't kill you makes you stronger. Facing life's challenges can at times even help us highlight what is really important in life.

Shame...can it help you cultivate compassion?

We can have experiences in life that make us feel deficient. But when we overcome those negative feelings we develop a compassion towards others and ourselves. We can gain deep feelings for people in their weaknesses by identifying with their struggles.

Pessimism...can it make you more productive?

Living in the mire of pessimism is unhealthy, but Professor Adam Grant explains that "defensive pessimism" can picture what could go wrong and perform as well as "strategic optimists" in a variety of tasks. Pessimism, according to author Julie Norem, can transform those negative thoughts, turning anxiety into action.

Envy...can that spur you to become better?

In life you frequently decide that there are many things others have that you just don't want or need. But sometimes you see someone moving forward...you would like that to happen to you as well. Envy, if turned into something positive, can move you towards the good things you may want for your life. You turn your thoughts to modeling and appreciation instead of envying.

Loss...can it make you grateful?

In loss we often turn to what we still have and are grateful for life's blessings.

Fostering bad feelings about something in life just ensures it will get bigger and more controlling. Confronting those feelings and turning them into something positive for your life frees you from that negative bondage.

I think of Joseph in the Old Testament. His brothers hated him and sold him into slavery.

As it turns out Joseph excelled where he ended up, after God blessed him and gave Joseph strength to turn his negatives to positives. His brothers show up one day for Joseph's help and they are afraid. But Joseph says, "...am I in the place of God?"



I love how Joseph keeps on following God's plan here instead of turning up those negative things that happened to him courtesy of his mean-spirited brothers. In fact, Joseph seems giddy with excitement to know where he had been and where he was going to take them...fulfilling God's directive. This place and this time...they were holy. Then he continues, "As for you (the brothers), you thought evil against me, but God meant it for good..." Genesis 50:20

~ Author Unknown ~

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Destressin'

by Linda J. Nelson

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God wants us to live free from the negative parts so we can be effective for Him. But we all know that life presents many challenges. God also wants us to grow and change to be more like Him - many times that takes a negative thing inserted along the way.

Negatives...what are they good for? They may be good for you to see something different in life - something God is showing you while He joyfully watches you grow.

(parts excerpted from: Get Healthy Living Newsletter)

By Linda J. Nelson



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