

Thank you for joining us at our special luncheon for friends of Cox Insurance Associates. If you were unable to attend, Dr. Veninga shared his message on living with resilience and a positive attitude. The following is a brief summary of the presentation:

LIVING THE GOOD LIFE: THE CASE FOR OPTIMISM!

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Sometimes people will ask: What can be done to stay resilient? How can we build resilience into our children and grandchildren? And what can I do to build resilience at work? Here are four practical strategies:

1. Stay positive. Can you really stay positive when things go wrong? The answer is “yes” provided you affirm the words of Emerson, the Philosopher of Cheerful Purpose: “This time, like all times is a very good one if we know what to do with it...Finish each day and be done with it. You have done what you could...Tomorrow is a new day, begin it well and serenely and with too high a spirit to be encumbered with your old nonsense.” In other words, be cheerful.

2. Send good news every day. If you are an employer, write a note to an employee, customer or vendor who has gone out of their way to help your organization. Employers remember this: It is easy for a “culture of whine” to settle in on the best of organizations. Don’t let it happen. Guard against it. Spend 10 minutes a day sending good news to employees who need to hear it.

If you are a parent, give your child an extra pat on the back. Or pick up the phone and call a neighbor or friend who is going through tough times.

3. Keep your sense of humor in good shape! Remember this: If you can laugh at your mistakes and foibles, you are in good mental health!

4. Build a cathedral. Remember the story of the three bricklayers? A student asked each what they were doing. The first said that he was working for \$9.25 an hour. The second said that he was trying to be the best bricklayer in town. The third replied: “I’m building a cathedral.” All of us can build a cathedral on this day. We do it by staying positive and sending good news. Most of all we do it by kindness to others.

Visit www.robertveninga.com and click on “Inspiring News” and “What Are You Missing?” to find additional information on this presentation. To have it mailed directly to you, contact Dr. Veninga at rveninga@comcast.net.

