

Ac-CENT-Tchu-Ate the Positive

Songwriters Harold Arlen and Johnny Mercer 1944

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.
No, don't mess with Mister In-Between.



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 an instrumental version of our theme song for the month. As you prepare to read and try some of the exercises for peace and being your best grace-filled self, give a listen to the song and read the words. You might even sing! Enjoy!

P *Peaceful* - try these ideas for finding calm and self-quieting space to help you refocus:

- Visualize your mind as a room full of televisions, each on a different channel. Some are loud, some are quiet, but all together are distracting and chaotic. Your joy is to find the TV playing for favorite show and turn all the others off!
- Imagine (or look at a photo) of a distant mountain landscape. Take it all in! Now, begin to focus your attention on the mountaintop. Begin to zoom in to the top of the mountain and imagine that you are walking on a trail to the very top. Visualize the details, colors, textures, sounds, and smells of the scene. Focus on the most microscopic of details around you. Breathe in deeply - Exhale completely - Allow your brain to focus on the calm of the smallest leaf or pebble on the trail. Continue your calm breathing and continue to focusing on the smallest of small details and take in the peace.
- Light a candle within a darkened room. Focus only on the light of the flickering flame. As the wax begins to melt, envision your worries, stresses, tense muscles from the top of your head to the bottoms of your feet melting with the wax. Allow yourself to gently move with the movement of the flame. Close your eyes and continue the movement and envision yourself as the light. Take a cleansing breath and extinguish the candle.
- Sometimes we have so much pent-up energy that we are physically and mentally unable to feel at peace or calm until that energy is released. You can [click here](#) to discover some energy burning exercises that are just right for you.

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