

Ac-CENT-Tchu-Ate the Positive

Songwriters Arlen & Mercer 1944;
Sung by Bette Midler and Bing Crosby

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.



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 Bette Midler and Bing Crosby's version of our theme song for the month. As you prepare to read and employ some of these ideas and thoughts on optimal grace and generous self-care, give a listen to the song and read the words.

Incentive - Congratulations! If you are reading this, then you have taken the first step in congratulating yourself! You are doing a great job of self-care and mental wellness. Now is the time to plan some ways to reward yourself when you accomplish personal goals or complete tasks. Here are a few ideas:

- Set some time aside to COLOR.
- Set some time aside to create and solve your own CROSSWORD PUZZLES.
- Try some ORIGAMI.
- Listen to Positive Podcasts and Blogs
 - INSPIRATIONAL LIVING
 - INTERACTIVE GAMES
 - RADIO SHOW DRAMAS
 - COOKING WITH ALTON BROWN
 - GUIDED MEDITATION
- Treat yourself to a decadent dessert

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