

Ac-CENT-Tchu-Ate the Positive

Songwriters Arlen & Mercer 1944; Sung by Clint Eastwood

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.

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



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 Clint Eastwood'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.

- O** • *Optimal* - The word "optimal" means the best or most favorable. In other words, seeking the best, most desirable, most favorable OR satisfactory solution. Naturally, we would all want to make the best and most desirable decisions we can. Everyday we are presented with problems that need solving. Some are simple and seemingly insignificant. Others may have far reaching effects. Especially in the days of quarantine, isolation, and stress, we may find it difficult to make optimal decisions. So, we might make "snap" decisions and judgements based on too few facts OR the decisions we make may be based on pleasing others. We may delay, belabor, or make no decision at all...and then be forced to deal with consequences of indecision. We also need to keep in mind that folks around us are walking a similar journey.

A measure of grace may be the tool that helps us to thrive in these moments! Grace can be defined as "the peace of God given to the restless; unmerited favor. It is not about getting what you deserve BUT receiving what you don't deserve. John Stott said, "Grace is love that cares and stoops and rescues." Click [HERE](#) for ways you can receive grace for yourself, share grace with others as we walk this journey.

- S** • *Self-Care* is any activity or NO activity we do deliberately in order to take care of our mental, emotional and physical health. Easy concept, but very often overlooked. Self-care is the key to improved mood and reduced anxiety. Click [HERE](#) for activities you can do to begin a self-care regimen. If you already enjoy good self-care, share your ideas with others. Sharing is caring!



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- **Optimal** - Nearly every decision we make will have an effect on someone else sooner or later. Here are some ways you can act in grace for yourself and for others:
 - Be kind and gentle in your self-talk and your talk to others.
 - Look for needs and opportunities to help others
 - Write thank you notes, hold a door open, send flowers, donate clothes, books or food.
 - Let it go! Sometimes people are going to be rude and self-centered. Respond calmly and in love. This will minimize your stress.
 - Be present. Enjoy the special moments within your day. See the holy in them. Be present for those who are sad and those who are happy
 - Forgive! When you have fallen short of your goals or have lashed out in anger, forgive yourself. When someone has lashed out at you or has not met your expectations, be quick to forgive.
 - Be grateful! Give thanks to The Divine for all you are and all you have. Say thank you often and let others know how much you appreciate them.

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- If **Self-Care** is an activity we deliberately do to take care of our mental, emotional, and physical health, it may be even more important to think about what self-care is not! It is not something we force our selves to do. Self-care is also not a selfish act. It is about being mindful of our basic needs and making a plan to meet those needs. Once you have made your self-care activity plan(s), don't let anything get in the way of following through.
 - Create a "no" list, with things you know you don't like or you no longer want to do. Examples might include: Not checking emails at night, not attending gatherings you don't like, not answering your phone during lunch/dinner.
 - Promote a nutritious, healthy diet.
 - Get enough sleep. Adults usually need 7-8 hours of sleep each night.
 - Exercise. In contrast to what many people think, exercise is as good for our emotional health as it is for our physical health. It increases serotonin levels, leading to improved mood and energy. In line with the self-care conditions, what's important is that you choose a form of exercise that you like!
 - Follow-up with medical care. It is not unusual to put off checkups or visits to the doctor.
 - Use relaxation exercises and/or practice meditation. You can do these exercises at any time of the day.
 - Spend enough time with your loved ones.
 - Do at least one relaxing activity every day, whether it's taking a walk or spending 30 minutes unwinding.
 - Do at least one pleasurable activity every day; from going to the cinema, to cooking or meeting with friends.
 - Look for opportunities to laugh!

Set up a 15-day self-care routine and see how you feel before and after.
And never forget: As with everything, self-care takes practice!