



September 22, 2010 – Grand Rapids, MI

Negative People

As you might expect, after the message on positive people on Monday, I was asked about the other side of the coin: the negative people. There are plenty of them. They lead conversations with what's physically wrong with them. They can then tell you why exercise is more trouble than it's worth. They can drone on about why the last diet they tried didn't work, and how doctors are only interested in pushing medications. They have plenty of problems, but no solution seems to help. I won't even go into other topics such as news, politics, sports, or weather. You know people like that, don't you? What do you do about it?

Disconnect.

Remember my acquaintance from Monday? She had it easier because she's going to connect only with her positive influences. For you and me, negative people are already in our lives. The only thing we can do is remove them. They drain our energy, and the constant bombardment of negativity can affect our mood as well. Time to move on.

It's not easy, and you might think it's cruel. Look, you may be the only positive person in their life and if you leave, they won't have anybody. But there has to be balance. You can't spend energy building them up if you end up being drained. Have a conversation with them about it if you want, but if they won't change, move on. Your health includes your attitude toward health and fitness. You can't afford to have anyone take it from you.

And if you're the negative person in other people's lives, time to start working on a new way of thinking. It's not easy, but you can do it—and you'll feel so much better for it.

What are you prepared to do today?

Dr. Chet

WGVU FM 88.5/95.3 **npr** ***Straight Talk on Health***

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