**Here’s How to Set the Mood For a Positive Workday**

Your attitude in the morning sets the tone for the rest of your day. If walk into work feeling grumpy, chances are, you’ll walk out of work feeling grumpy, too. Having a negative mindset at work can lead to added stress, trouble concentrating, and irritability – and none of those are great for your work performance. Arriving to work with a negative attitude can also hold you back from forming any positive social connections in the office.

While we don’t always have complete control over our physical surroundings, we are capable of controlling our mindset. Developing a positive mindset before the workday will help you stay productive, optimistic, and mentally healthy – no matter what the day throws at you. So, instead of swatting at your alarm clock and spending your morning dreading the work ahead of you, try out these tips to help you set the mood for a positive workday:

**Practice positive morning thoughts.** If you’re not much of a [morning person](http://info.totalwellnesshealth.com/blog/10-tricks-that-will-transform-a-night-owl-into-a-morning-person), you probably dread waking up in the mornings. It can be easy to think [negative thoughts](http://info.totalwellnesshealth.com/blog/how-to-realize-when-youre-being-negative-and-what-to-do-about-it) right when you wake up. Thoughts like, “I have way too much to do today” or “I don’t want to get out of bed” will leave you feeling grouchy and irritable. So, instead of jumping straight into negative thoughts, start thinking of something to look forward to or a positive thought. If you can’t think of something right away, develop a daily mantra to tell yourself each morning right when you wake up. If your first thought of the day is a positive one, you’ll be more likely to be in a positive mood for the rest of the day. Some of our favorite morning mantras include:

* Today, I will choose happiness.
* Today, I will positively impact someone’s day.
* If I can change my thoughts, I can change anything.
* To be positive is to be productive.
* Negative thoughts only have the power I allow them.

**Hold off on social media.** Many of us check our phones first thing when we wake up. But beginning your day by subconsciously comparing yourself to others will only set you up for a day full of negative thoughts. Research has shown that obsessive social media use can have a negative effect on our mental and emotional wellbeing. Checking social media can also waste a lot of time in the mornings that could be spent doing something much more productive. Try to hold off checking social media for as long as you can – or maybe even consider taking a bit of a [detox](http://info.totalwellnesshealth.com/blog/could-a-digital-detox-improve-your-health)!

**Practice mindfulness.** [Mindfulness is powerful](http://info.totalwellnesshealth.com/blog/tap-the-power-of-mindfulness-free-guide) – and it’s one of the best ways to start your workday. Practicing mindfulness on a daily basis will help reduce stress and set you up for a positive day. According to [research](https://puredhamma.net/wp-content/uploads/Psychological-effects-of-meditation-Sedlmeir-2012.pdf) published by the American Psychological Association, an analysis of 163 well-designed academic studies found that mindfulness practice had a particularly positive and substantial effect on factors including stress and anxiety management. Reading, coloring, or meditating are some simple ways to practice mindfulness in the morning.

**Set positive intentions**. A daily “to-do” list doesn’t always have to be filled with responsibilities or tasks. Create a list of intentions for the day to help you remember how you want to feel, and remind you to engage in activities that will keep you feeling happy, positive, and productive all day long. For example, a set of positive intentions might include making a co-worker laugh, getting through your morning commute without feeling stressed, or ending the day on a good note. Bring this list into the office with you as a visual reminder of your positive intentions for the workday.

**Utilize your commute.** Stressful morning commutes or traffic jams can easily put you in a negative mood for the rest of the day. If you have a long commute to work in the mornings, start utilizing this time to help you feel more positive. Listen to a motivational podcast or a pump-up playlist on your way to work to improve your mood and help fight stress. Upbeat podcasts and music can have a positive impact on your attitude and improve your outlook on the rest of the day.

**Walk into the office with a smile.** Smiling is more powerful than you might think. Research has shown that smiling actually makes you happier, regardless of the situation. When your smile muscles contract, they stimulate your brain’s reward system – boosting endorphins that make you feel instantly happier. Even if you don’t feel like it, walk into your office with a big smile.

**Compliment a coworker.** Making others feel good makes *you* feel good. Complimenting a co-worker is a fantastic way to start the workday. A simple compliment can go a long way. It helps set the mood for positive, constructive teamwork and helps build social connections in the workplace. Sincerely complimenting your colleagues is also a great way to [practice gratitude](http://info.totalwellnesshealth.com/blog/cultivating-gratitude-in-the-workplace-free-must-have-guide) – which has been shown to relieve stress and create a more positive work environment.

Not everyone looks forward to walking into the office on Monday morning – that’s only natural. But with some practice, you can certainly eliminate negative thoughts and develop a positive attitude that will lead to a more enjoyable day. We hope these tips help you set the mood for a positive workday!