



November 2011 Kansas 4-H Tip Sheet

*Archives can be found at: <http://www.kansas4-h.org/p.aspx?tabid=296>

DEADLINES

- Oct 17 Kansas Volunteer Salute to Excellence application deadline.
- Oct 17 KYLF and Kansas Volunteer Forum Online Registration deadline.
- Oct 17 Kansas Youth Leadership Council Google Application
(including signature page and two letters of reference) must be postmarked by this deadline.
- Nov 1 ES-237 2011 Group Enrollments/Data entries and updates due in Access.
- Nov 1 Outbound Exchange Applications due.
- Nov 1 Plant Science Project Leader Training Webinar Enrollment closes.
- Nov 7 Reporter's books are due to State 4-H Office
- Dec 1 National Western Catch-A-Calf Program Applications due to Colorado.
- Dec 1 2012 Esri GIS Grant Program for 4-H Application Period ends.
- Dec 1 Camp Counselor Training Applications due.
- Dec 1 4-H Foods Project Pilot Applications due.
- Jan 12 NCR-SARE Youth & Youth Educator Sustainable Agriculture Grant Application deadline.
- Jan 15 North Central Regional Volunteer Forum Proposal forms due.

THIS MONTH'S TIP SHEET

National Western Catch-A-Calf Program

Please provide youth 12 years of age by December 31, 2011 that have an interest in the market beef project the information for this unique experience. Applications are due to Colorado by December 1, 2011!! Youth would be participating in the catching of a calf at the National Western in Jan. 2012 and if successful would take delivery of their calf in May 2012 to feed and care for and then show at the National Western in a special class in Jan. 2013. For more details contact Mary Gehrt at mlgehr@ksu.edu or Jim Adams at jadams@ksu.edu at the State 4-H Office. *Adams*

Action Team Applications

This is a good time of year to recruit experienced volunteers that would like to help the Kansas 4-H Program by serving on a State 4-H Action Team. Applications are available on the state 4-H website and must be recommended by an Extension Agent. Currently, there are openings on the Shooting Sports, Dog Care and Training, Dairy, and Curriculum action teams that I work with. jadams@ksu.edu

Dog Judge's Training

The annual training to certify 4-H dog show judges will be held at the Sedgwick County Extension Center January 27-29, 2012. This year we will be using a new format that will begin around 7pm on Friday evening and finish mid-afternoon on Sunday!!! All four phases of Kansas 4-H Dog Shows will be covered: General Information, Showmanship, Agility, Rally Obedience and regular Obedience. Details and costs are still being

worked out, but please save these dates for potential participants. This is a good workshop for volunteer leaders and older youth to observe so that they better understand judging criteria. Watch for details, schedule and options in early December. jadams@ksu.edu

Shooting Sports Instructor Renewals are past due!

They were due Sept. 1st so that your program will be covered for the upcoming year. The \$5 annual fee is to be paid for all shooting sports certified instructors and county coordinators. This fee maintains their certification status, whether they instruct or not, for the next 4-H year and provides supplemental liability insurance for these shooting sports leaders. Check with Mary Gehrt in the state 4-H office if you are not sure of your status. *Adams*

Shooting Sports Instructor Update

The Shooting Sports Action Team is sponsoring an update in all disciplines at the K-State Salina Campus on December 10, 2011. We are asking each local program to send at least one person per discipline, that they offer, for this update training. Each person will be able to be updated in two disciplines if they are certified instructors in the discipline. The plan is to have each unit send enough instructors to have at least one person per discipline to take changes back to your local unit. Details will be coming soon, but plan for a 2 hour session in the morning and another 2 hour session in the afternoon. jadams@ksu.edu.

Family and Consumer Sciences Judging Contest Answers

Answers to the state fair 4-H Family and Consumer Sciences Judging Contest for both intermediate and senior age youth were included in the bags sent home with Extension units at the close of state fair. To make the contest a complete learning experience, the Family and Consumer Sciences Action team asks that you share these answers with participants. Individual 4-Her judging packets and a summary of scores for each team were also included in the state fair bags. If you are missing any of these pieces, please contact Linda Biles. sewandsewbiles@aol.com.

Resources for Recommended FCS Lesson Topics

Recommended lesson topics for clothing and textiles, family studies, fiber arts, foods and nutrition, health and wellness, and home environment projects were announced during the Kansas State Fair. A list of "Project meeting ideas" was given to Family and Consumer Sciences Judging Contest participants and was also included in Extension unit bags sent home at the close of the fair. The Family and Consumer Sciences Action Team encourage clubs and extension units to use these resources throughout the year. This year, the action team combined topics and resources for all age groups on two pages. They can be found on the action team's web page at kansas4-h.org. *Biles*

Plant Science Project Leader Training Webinar Enrollment Still Open

Enrollment is still open for the Plant Science Project Leader Training Pilot Project. The first webinar was held on October 13th; however, the webinars will be recorded and archived so participants that missed the first session will be able to access the material and be prepared to join the group for the second session. The second session will be held in mid-November. The series of seven webinars will include examples of hands-on activities for gardening and plant science meetings, information on positive youth development, and tips on how to improve project meetings. For complete details on this project please check out this website:

<http://www.kansas4-h.org/p.aspx?tabid=44> . Enrollment will close Nov. 1st. Please contact Beth Hinshaw or Evelyn Neier if you have questions. bhinshaw@ksu.edu; eneier@ksu.edu. *Neier*

Application Period Open for 2011 Esri GIS Grants

Esri announces grant options designed to support its geospatial outreach, education, and community involvement efforts. The goal of this program is to foster and support the integration of geographic information system (GIS) software in U.S. 4-H clubs.

There are three levels in the program: Getting started with GIS and GPS, ArcGIS, and State or Regional ArcGIS 4-H Educator Train the Trainer. Each program has its own eligibility criteria and required activities. Grant recipients receive GIS software, data and curriculum materials. 4-H groups use the Esri grants as a way to introduce 4-H youth to GIS technology, explore careers, and conduct local service learning projects in their communities using geospatial technology.

The application period for the 2012 Esri GIS Grant Program for 4-H is October 1 to December 1, 2011. Specific grant guidelines and the related application links can be found at www.esri.com/4-H under Grant Resources. *Hecht*

Grow 4-H with GIS "GeoMentor" Volunteers

The key to success in 4-H GIS can be attributed to the dedication and involvement of GIS professionals working with a local 4-H GIS club as a GeoMentor. A GeoMentor can be anyone who uses geography, recognizes the ways in which geography matters to us all, and has an interest in helping young people. Consider them as you would a 4-H Project Leader.

Professionals who use GIS in their daily work often make great GeoMentors. Many of their professional associations are encouraging them to discover volunteering opportunities through the geomentor.org website. This is a prime area for you to identify knowledgeable and passion individuals to help grow 4-H. More often than not, these potential 4-H volunteers are not aware of the opportunities for them to contribute in meaningful ways to a local 4-H GIS program.

One way you can connect with these potential volunteers is for you to register as an educator seeking a GeoMentor. This can be done by going to www.geomentor.org and click Register on the left hand column. After completing the fairly simple registration process you will be placed on an interactive map where GIS volunteers (GeoMentors) learn about your need for assistance and can contact you via email. You might even find a GeoMentor already listed in your area ready to offer their help. What a great way to grow your 4-H GIS program! *Hecht*

Kansas Junior Beef Producer Day: CHANGE OF DATE

Kansas Junior Beef Producer Day will be changed to January 7, 2012 at Weber Hall and Arena due to a scheduling conflict with K-State's last home football game. The event will feature K-State Faculty and staff covering topics such as: Selecting Your Youth Beef Project, Facilities and General Care, Nutrition, Showmanship and Nose Printing/Tattooing/Fitting Demonstration. Additional topics, tailored to age will include Breeds and Beef Identification, Meat and Carcass Evaluation, and Beef Quality Assurance. More information and registration forms will be posted on the Youth Livestock Programs website www.YouthLivestock.KSU.edu by November 1. *Tomascik*

View the Kansas 4-H Citizenship Survey GIS Map

We know that young people involved in 4-H are more than 2.5 times more likely to contribute to their communities. Now you can see it! Take a look at a small snapshot of what that this contribution looks like in

Kansas. View the Kansas 4-H Citizenship Survey GIS Map presentation by going to

<http://explorer.arcgis.com/?present=c4e6139ab3b843a0aede517a9d035953>

To access the map application, go to <http://explorer.arcgis.com/?open=c4e6139ab3b843a0aede517a9d035953> or go to www.arcgis.com and search Kansas 4-H Citizenship and open in ArcGIS Explorer Online. This is just a sample of what you could implement locally using Google docs, Excel and free GIS software.

Special thanks to all those who completed and/or encouraged others to complete the Kansas 4-H Citizenship Survey. *Hecht*

Camp Action Team

Have a passion for 4-H camping and having fun? Interested in youth having a positive, safe camp experience? Want to expand 4-H's camping experiences? Then the 4-H Camp Action Team might be the action team for you! The Camp Action Team is looking for energetic, enthusiastic, excited agents, volunteers and teens to enhance Day Camp, 4-H Camp, Counselor Training and much more! Think you might be interested?

Applications available at: <http://www.kansas4h.org/DesktopDefault.aspx?tabid=16>. Then click on the right for the application. Applications due December 1.

2012 Camp Schedule

Mugwamps	May 30 –June 1
Pioneer Trails	June 3-6
Sunny Hills	June 6-9
Ozsome	June 9-12
Purple Power Pack	June 12-15
Heart of Kansas	June 15-18
Dirty Dozen	June 18-21
Fantastic Four	June 21-24
Northwest	June 24-27

Kansas 4-H Foundation has sent Friends of 4-H for Friday, June 8.

2012 4-H Camp Chairs

Mugwamps	Cheri Nelson, Wilson County
Pioneer Trails	Matt Young and Jennifer Ploeger, Brown County
Sunny Hills	Corrine Patterson, Lyon County
Ozsome	Sarah Maass, Central Kansas District, Lindsey Friesen, Butler County
Purple Power Pack	Jill Martinson, Dickinson County, Ginger Kopfer, Geary County
Heart of Kansas	Andrea Burns, Ethel Schneweis, Ford County; Mike Hanson, Kathy Bloom, Seward County
Dirty Dozen	Darl Henson, Jana McNally, Coffey County
Fantastic Four	Mark Flory, Douglas County
Northwest	Jessica Milliman, Twin Creeks District

Van Horn

Reporters Books Due November 7

Reporter's books are due to State 4-H Office no later than the first Monday of November each year. This year, that Monday happens to be November 7! Kansas 4-H Youth Development annually recognizes the work of all

of the 4-H Club Reporters from across the state. Each Extension Unit may submit one reporter's book equal to the number of counties making up the unit. Reporter Books should reflect the news that represents the work of the young person. The book may include print news articles and photos, club newsletters, press releases, radio scripts and TV scripts. Photos and articles written and produced by representatives of local media outlets should not be included. Reporters' books should be delivered or mailed to the State 4-H Office to arrive no later than the first Monday of November. Recognition is provided by the Kansas 4-H Foundation for the most outstanding efforts. *Van Horn*

Salute to Excellence

4-H is a community of young people across Kansas who are learning leadership, citizenship, and life skills. Volunteers are the heartbeat of the 4-H program serving as mentors, teachers and friends. The National Salute to Excellence Volunteer Recognition Award recognizes 4-H volunteers who demonstrate exceptional service to 4-H. The Kansas Association of 4-H Volunteers want to recognize and promote Kansas 4-H volunteers who have excelled in their roles locally and continue with selecting Kansas' top volunteers for National competition. Each local extension office will select their representative. Those individuals then will have an opportunity to submit application for the *Kansas Outstanding Lifetime Volunteer* and *Volunteer of the Year*. Kansas honorees then become Kansas' nominees for the national award. For more information check the web site at <http://www.kansas4h.org/p.aspx?tabid=238>. *Van Horn*

December 4-H Updates

It is now time to register for the 4-H Program Updates which will be held in three locations this year.

EAST 4-H Update – Emporia

December 6, 2011

Location: Anderson Building – Lyon County Fairgrounds
2650 W Hwy. 50, Emporia, KS

CENTRAL 4-H Update – Great Bend

December 7, 2011

Location: Front Door Community Center
1615 Tenth St., Great Bend, KS

WEST 4-H Update – Scott City

December 8, 2011

Location: Carpenter Building, 608 N Fairground Rd, Scott City, KS

Please register on the [Google Document](#); link is on the 4-H website. The cost for the update is \$15 and will include lunch. Checks should be made to the Kansas 4-H Foundation and are due at the update.

Gathering/Registration time for both days will be 9:15 a.m. with the update starting at 9:45 a.m. and the wrap up will be at 3:30 p.m. The agenda and other information is available on the State 4-H Web page.

Individual or Small Group Meeting time with Barbara Stone will be available each morning 7:30 a.m. to 9:00 a.m. (To make an appointment, contact Keli Yungeberg - keliy@ksu.edu)

This year's update committee includes: Bronc Barrows, Rod Buchele, Beth Hinshaw, Diane Mack, Corinne Patterson, Barbara Stone, Deryl Waldren and Aliesa Woods. *Hinshaw*

4-H Cloverbuds

As we begin our a new 4-H year let's take a quick review on 4-H Cloverbuds, a special activity for our 5-and 6-year olds. Activities this age group enjoy doing include: running, jumping, singing, drawing, painting and coloring. However don't forgot that when 5-and 6-year olds do these activities it's not for very long - probably 10 - 15 minutes tops! So when planning 4-H Cloverbuds activities remember age appropriateness.

Activity	Age Appropriate
Cloverbuds meeting with 3 - 4 lessons; each lesson 10 minutes long	Yes - short learning opportunities matches well with 5- and 6-year olds attention spans.
4-H Club Business Meeting	No - most club meeting average 1-1½ hours in length and parliamentary procedures are abstract and beyond the 5- and 6-year olds capabilities to understand.
Refreshments	Yes - healthy snacks that encourage good nutrition and well-being.
Project Meeting	No - most project meetings average 1 -1½ hours studying one subject with limited variety and most 5-and 6-year olds attention span are limited to10-15 minutes and therefore they become bored easily.
Show and Tell	Yes - encourages youth to share what they are learning with others in a noncompetitive environment promoting free expression.

Horse Panorama

January 28-29! Mark your calendars for Rock Springs. More information will be available soon on the 4-H web site. *Van Horn*

Kansas State Fair Volunteer!

Thanks you to the 2011 Kansas State Fair 4-H Horse Show volunteers!! Our volunteers help make the show a success. Thanks for all of the hard work, efforts, and time given to 4-H. We hope each volunteer had a pleasant experience. *Van Horn*

4-H Foods Project Pilot Accepting Applications

Through a Grow 4-H Grant with the Kansas 4-H Foundation, Kansas 4-H will provide a group of 4-H Adult Volunteer Foods Project Leaders with knowledge, curriculum and Specialist support to provide positive project experiences for 4-H members.

4-H Foods webinars for adult volunteer project leaders will include six webinars taught by a K-State Research Extension staff member. Project leaders will then be expected to facilitate the same lesson at project meetings for their group.

Applications are due December 1, 2011. For complete details about this project please go to :

<http://www.kansas4h.org/p.aspx?tabid=347> *Mack, Hinshaw, Gerhard*

Outbound Exchange Applications Due November 1st

The applications for outbound travel in 2012 is now posted on the State 4-H website: <http://www.kansas4h.org>. Get to Kansas Exchanges on links to “Programs” and “World Citizenship”. Any 4-H'er or alumnus (up to age 26) will also find flyers on the exchanges available this year. Countries we plan to offer for 4-H age teens include: Australia, Japan, and Norway. We have many partner countries to match alumni with in the IFYE Representative Program and work with prospects to identify their interests. Questions may be referred to Mary Kay Munson at 785-238-3631 or munson@ksbroadband.net.

If prospective delegates are just learning about the program in November, they may contact Mary Kay to learn if an application can still be accepted in early November. Applicants are required to attend interviews and initial orientation in Manhattan December 2-3 (Friday evening through Saturday lunch). Adults over 25 may apply to chaperone groups of 4-H teens from throughout the U.S. to Australia, Japan or Norway using the Chaperon Application. Extension staff and volunteers are eligible. They are asked to submit applications by November 1 or make special arrangements with Mary Kay and attend the December 2-3 Interviews and Orientation. *Munson*

2011 Host Family Recognition Certificates

Recognition Certificates for all host families were included with other materials sent home with counties from State Fair. Please recognize these families for opening their homes to 4-H exchangees this summer. If you are missing one or find a mistake, please let us know, and we will arrange to replace it. *Munson*

Hosting Exchanges in 2012

We still need at least one family to host a Japanese High School student for the 2012-13 school year. If you know of a family who has enjoyed hosting in our Japan summer program and might wish to have a more in depth relationship with a Japanese student, please make them aware of this exchange. Let Mary Kay Munson know, and she will work with the family in getting an application and support materials completed. We can request specific exchangee's interests in if we know them early. Interests in hosting 4-H age students from Argentina, Finland and Japan for one month and older IFYE exchanges for 2-3 weeks next summer may also be sent to Mary Kay for follow up. The application form is on the State 4-H web site.

Munson



Kansas 4-H Ambassador Training News

The thirtieth anniversary of the Kansas 4-H Ambassador Program and Training will be February 24-25 at the Rock Springs 4-H Center. It is open to all county/district 4-H Ambassadors, ambassador advisors and Extension staff. The theme is a sports-related one: “Ambassadors – Get Your Game on with 4-H.” Full details will be posted on the Kansas 4-H web site by early December. Registration will be due on or before February 1, 2012. For more information, please call Deryl Waldren at 785-462-6281, or e-mail him at dwaldren@ksu.edu .

Waldren

Sites Selected for 4-H Healthy Living Plot

We received much interest in the 4-H Healthy Living Ambassador/Officer pilot site and we have confirmed that the following sites have been selected to implement their unique healthy living projects:

- Hays/Ellis county: Anita Walters (4-H leader); Susan Schlichting, 4-H Agent
- Ness City/Walnut Creek Dist.: Robyn Deines, Extension Agent
- Great Bend/Barton county: Berny Unruh, 4-H Agent
- Topeka/Shawnee county: Kathleen Ramonda (4-H leader); Sarah Laib, 4-H Agent
- Atchison/Atchison county: Diane Nielson, Extension agent
- Pratt/Pratt county: Cindy Aramowics (4-H leader); Jodi Drake, Extension Agent
- Shawnee county: Linda Biles (4-H Leader); Sarah Laib, 4-H Agent

Additional sites still "in the works" include Newton/Harvey county and Osborne county.

Local training of 4-H Healthy Living Ambassadors/Officers and adult mentors will take place between November and December. Youth who will assist with evaluation of the project will also be trained at the same time. The pilot sites will use the West Virginia 4-H Healthy Living curriculum and supplement with the national 4-H Military curriculum "Up For The Challenge", and will conduct their pilots between January and May, 2012. Pilot site participants, Extension professionals and stakeholders will also be invited to attend the 8th annual Extension HealthFest!, March 30-31, 2012. The 2012 HealthFest! will include training in the new KNACK "smart phone for health" teen curriculum being developed with leadership from Dr. Tanda Kidd.

For more information about the 4-H Healthy Living Ambassador/Officer pilots, please contact:

Linda Biles: <sewandsewbiles@ksu.edu>, home phone: 785-357-0978

Elaine Johannes: <ejohanne@ksu.edu>, office phone: 785-532-7720

Johannes

Acclaimed Youth Development Researcher and Advocate, Peter Benson Dies

Peter Benson, the long-time CEO of the Minneapolis-based Search Institute and Salina, Kansas native, died on Oct. 2 at the age of 65. Benson led the Search Institute since 1985 and founded concept of "40 Developmental Assets" which helped to shift the field of youth development from problem-focused to strength-based. Under Benson, Search Institute emerged as a major research and assistance entity for programs focusing on making positive youth development the focus of their work.

Information about Dr. Benson's life-long work and his many contributions to the research and practice of youth development is available at: www.search-institute.org/content/peter-benson

Johannes

North Central Region Volunteer E-Forum

The North Central Region Volunteer e-Forum is a great opportunity to offer an outstanding training for your 4-H Volunteers with minimal expense, preparation, and travel involved! Different topics will be offered via Adobe Connect on each of three evenings...November 7, 17, and 22. Each session will be held from 6:30-8:30 p.m. CT. Local offices are encouraged to hold a group meeting so as to facilitate discussion and localization of the information.

The sessions will be led by 4-H Volunteer Specialists from the North Central Region, and will include some on-site activities to allow for interaction among your volunteers. Host Site Facilitator Guides are being finalized and will soon be available to help you lead these activities and prepare for the sessions.

There is an editable flyer in (Publisher) that you can modify to meet your local needs as you share the training with your volunteers. You'll find full E-Forum information and the flyer file at: <http://www.kansas4-h.org/p.aspx?tabid=47> . You also have the option to charge a registration fee if needed to cover any meeting or refreshment expenses. There is no fee being charged from the state or region level.

PROGRAM DESCRIPTION

For more information, visit: <http://www.uwex.edu/ces/4h/ncrvd/NCRVF2011.cfm>

Positive Youth Development (Monday, November 7)

- The Teen Brain: A Work in Progress—Annette Haas, University of Wisconsin-Extension
- Quality Matters: In Chocolate and 4-H Programs—Brenda Shafer, University of Minnesota

4-H Program Management (Thursday, November 17)

- Keeping Your Cool While Working with Youth—Pat McGlaughlin, Sheri Seibold, University of Illinois
- Reducing the Risks of 4-H Club Meetings—Vicki Schwartz, Brenda Young, Ohio State University

New & Emerging Curriculum (Tuesday, November 22)

- Get Connected in Your 4-H World—Rachelle Vetter, North Dakota State University
- 4-H Science—Dixie Sandborn, Michigan State University
- Community Service Learning—Steve McKinley, Purdue University

Sample E-Forum invitation: I have an exciting training opportunity for 4-H Volunteers. No packing your bags and long distance traveling involved this year, the 2011 North Central Volunteer e-Forum will be held right here in! The program will be a live web presentation with local interactive elements and discussions with our group. This is an opportunity to hear from 4-H Specialists from throughout North Central US in the comfort of our home county office. I hope you will consider joining me for one or all of these opportunities. Refreshments will be served. Please see the attached flyer for all the details and topics. I hope to hear from you soon!

Buchele

Kansas Volunteer Forum

The October 17 registration deadline for the annual 4-H Volunteer Forum (November 18 - 20) is fast approaching. Please help the Kansas Association of 4-H Volunteers promote the Forum. The Forum will include many outstanding learning opportunities. Some of these are the following workshops: Rock Springs Tour, Generational Insight, Conducting a GPS Scavenger Hunt, Social Media, Let the Journey Begin (Opportunities for Volunteers), Kansas 4-H Recruiting Plan, Storytelling with Photo Maps and Bringing the World to Kansas. Two other highlights of Forum will be the KYLF Keynote Speaker, Joe Richards, sharing his message: "Bring Yourself to Every Moment" and time with Dr. Barbara Stone, our new State 4-H Leader.

Full information about the Forum is at: <http://www.kansas4-h.org/p.aspx?tabid=47> . The site also has links to the two scholarships available to participants. All KA4-HV members, including new members, are eligible for an automatic \$25 scholarship, just use the coupon code (member) when registering. The registration link is: <https://4hyp-ts.oznet.ksu.edu/wconnect/ace/home.htm> .

Thank you for sharing this with the 4-H Volunteers you work with. If you have any questions, please contact the Forum Chair, Mary Bernhardt, mary_bernhardt@cox.net or myself, rbuchele@ksu.edu.

Buchele

Special Recognition Photo selections at State Fair.

Many photos were selected at State Fair to be displayed in various offices. The display period for each office varies, which means the return time varies also. Many selections from the 2010 State Fair are still being displayed. The following link opens the information sheet on the selections and their display periods:

<http://www.kansas4-h.org/DesktopModules/ViewDocument.aspx?DocumentID=6730>

If you have any questions, please feel free to contact me. rbuchele@ksu.edu.

Buchele

CHARACTER COUNTS! Can Gloomy Gus Become Cheerful Charlie?

Bad stuff happens. People get sick, lose a loved one, get fired, and make mistakes. Though these events are facts that become a permanent part of our history, the quality of our lives is not determined by the number or nature of our bad experiences, but how we interpret and react to them. Most of us have a default position in our response to painful and disappointing experiences that is either positive-oriented or negative-oriented.

Pessimists explain adverse events to themselves in ways that perpetuate negative feelings about the past and generate fear and anxiety about the future. Optimists see positive aspects of most situations and they expect people to be good and things to work out. The good news is that negative thinking is not a permanent attribute; it's just a bad habit.

Here are three strategies to transform Gloomy Gus into Cheerful Charlie, or at least move Gus from negative to neutral: diversion, distraction and disputation.

Diversion consists of consciously re-directing your thoughts every time negative explanations and predictions emerge – "She hates me, it's my fault, I can't win." Don't allow yourself to dwell on feelings of hopelessness or helplessness. Negativity may come uninvited but you don't have to let it stay. Think about good things, your successes and all you have to be grateful for.

Distraction involves actions that take your mind off whatever is making you sad or anxious. Read a book, play a game, watch a movie, surf the Net. Don't let negative thoughts take root.

The most potent strategy, however, is disputation. Put your pessimism on trial. Aggressively challenge negative explanations and assumptions. Convince the jury in your mind that pessimism is a lie and argue for positive interpretations.

Try it. It really works. (Josephson, Michael. 6 October 2011)

Gerhard