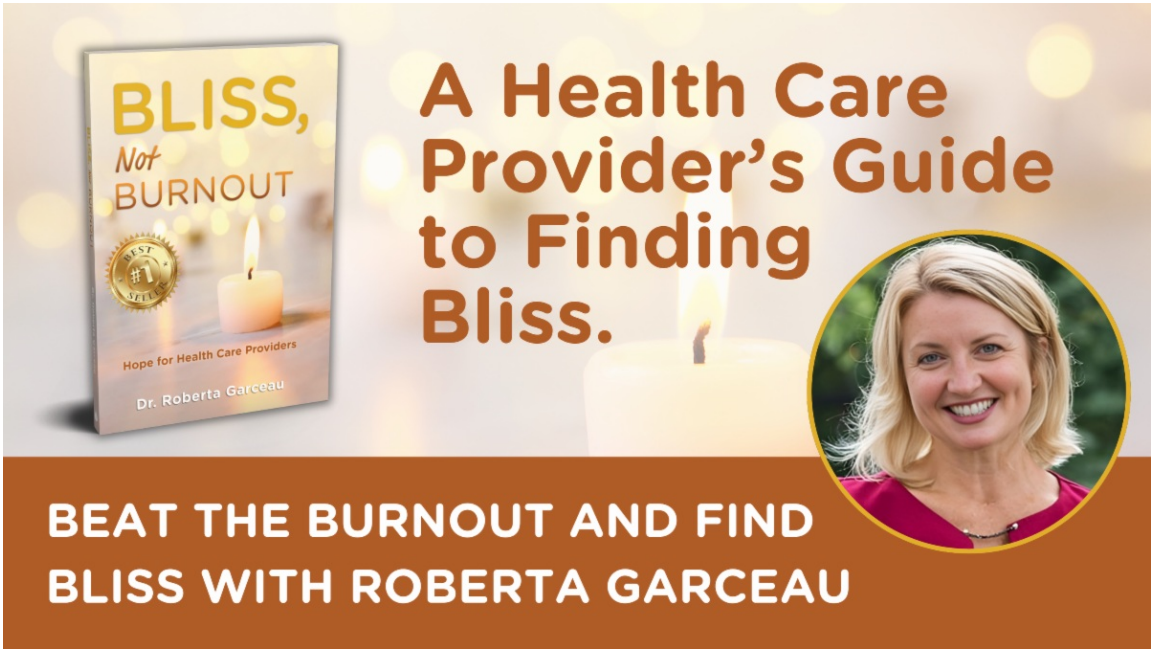

As we march through the month of March, the theme of "luck" invites you to find good fortune in just about any and every situation. The wisdom offered in *Bliss, Not Burnout: Hope for Health Care Providers* encourages you to reframe your thinking, choose a positive perspective, and understand the influence these choices can have on your life.

Understanding Luck

Luck is often seen as a chance occurrence—something that happens randomly. However, you have the power to redefine what luck means for you personally. Here are a few ways to think about luck as something you can actively cultivate:

- **Creating Opportunities:** Luck can emerge from your actions. By getting clear on your goals and interests, you open doors to unexpected opportunities. Quoting from chapter 1 of *Bliss, Not Burnout:*

"This was a priceless opportunity, an unexpected gift--if only I would pay attention."

- **Mindset Matters:** Your attitude plays a significant role in how you perceive situations. A positive mindset allows you to see possibilities where you might otherwise see obstacles.

Reframing Our Experiences

One of the key messages from *Bliss, Not Burnout* is the importance of reframing our experiences:

1. **Reflect on Challenges:** When faced with difficulties, take a moment to consider how you can view these challenges as learning experiences rather than setbacks. *“There are always lessons to be learned.”*
2. **Transform Your Language:** Shift your dialogue from negative to positive. Instead of saying, “I’m stuck" (or "this sucks"), consider, “I am finding a way to move forward.” This small change can have a profound effect on your outlook.
3. **Recognize Growth:** Acknowledge how past challenges have contributed to your journey. This perspective reinforces the notion that every experience, however tough, can add to your personal luck.

The Power of Positivity

Embracing positivity is crucial for enhancing your well-being and the quality of your interactions with others:

- **Positive Thinking:** Rather than dwelling on what’s wrong, focus on what’s going right. Create a habit of seeking out the silver linings in your everyday life. I have a practice that I affectionately call **"sucky, lucky."** For example, "It's sucky that my mother is having health issues, and it's lucky that she has enjoyed good health and

longevity as well as she's getting the best possible care in the present moment."
- **Building Connections:** A positive attitude makes you more approachable, encouraging others to engage with you. Connecting with friends, family, and community can lead to shared experiences and support.
- **Influencing Your Environment:** Positivity is contagious! By embodying a hopeful attitude, you inspire those around you to adopt a similar mindset.

Taking Action

Here are simple steps taken from chapter 10 of *Bliss, Not Burnout* that you can take this March to harness "luck" through reframing and positivity:

- **Daily Gratitude Practice:** Start each day by writing down a few things you are grateful for. This practice can shift your focus and highlight the positives in your life.
- **Affirmations:** Use positive affirmations to reinforce your belief in yourself and your ability to shape your luck. Repeat statements like, "I am open to opportunities," in order to manifest a positive perspective.
- **Reach Out:** Connect with people in your life. Share your thoughts, support each other, and celebrate successes large or small. Creating a community of encouragement can amplify our collective experiences.

As March unfolds, you can embrace the concept of luck not as mere chance, but as a reflection of your choices and perspectives. Remember, a shift in mindset can lead to remarkable changes in your life and the lives of others.

Wishing you a month filled with positive perspectives, the serendipity of good fortune, and just a bit more *Bliss!*

Wishing you joy and wellness,

Roberta Garceau

PS: I understand that email inboxes can get pretty crowded. With respect and consideration for your time, I send only two emails per month. You can expect one that is mainly a check-in about goings-on and any workshops/offerings, and another (similar to this) that focuses on simple, actionable steps to enhance your health, function, self-esteem and overall well-being. You can reach me at **roberta@drrobertagarceau.com.** I look forward to your feedback

Scan the QR code below or visit **https://geni.us/BlissNotBurnout** to purchase a copy of *Bliss, Not Burnout.*

Shamrock Stretch & Flow Yoga

Celebrate the season with a fun, festive, and relaxing yoga session that will leave you feeling rejuvenated and connected. Whether you're a seasoned yogi or a beginner, this class is designed for all levels, so everyone is welcome to join in on the good vibes!

No experience? No problem!

This class is designed for all skill levels, so come as you are. Just bring your mat, any props that support you, some comfortable clothes, and a smile!

Wednesday, March 12th at 4:15pm

Instructor: Dr. Roberta Garceau, 500CYT
Where: The Bean @226: 226 Broad St. Windsor, CT
$15/class

*Space is limited: please reserve your spot now by stopping in or calling The Bean at (860) 808-4411

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