KL FM: 6 STRATEGIES TO STAY POSITIVE WHEN NEGATIVE PEOPLE DRAIN YOUR ENERGY

By: Dr. Maria Grammenou
Clinical Psychologist
Ph.D in Psychology of Art & Literature

Often, we cannot simply change things from toxic relationships, it could be due to a toxic friend, a toxic mate or co-worker. In these cases, the best course of action is to remove it from our life.

Below are 6 strategies to stay positive when negative people drain your energy:

1. Distance yourself
   - Distance yourself from the negative person. This may mean staying away from them or limiting your interactions with them. Remember, you have the right to surround yourself with positive and supportive people.

2. Shift the focus
   - Shift your focus away from the negative person. Instead of dwelling on the negative aspects of the situation, focus on positive aspects or engage in activities that bring you joy.

3. Practice gratitude
   - Practice gratitude by focusing on the good in your life. Make a gratitude list of things you are thankful for, even the small things.

4. Set boundaries
   - Set clear boundaries with the negative person. Let them know how their behavior affects you and what you need from them to stay positive.

5. Seek support
   - Seek support from friends, family, or a professional. Sometimes, talking about your feelings can help you feel better.

6. Stay busy
   - Stay busy with activities that you enjoy. Engage in hobbies, exercise, or other activities that help you feel positive and productive.

By avoiding these strategies, you are allowing negative people to control your emotions and actions. However, by implementing these strategies, you are taking control of your life and decisions, and creating a positive environment for yourself.