

Toxic Positivity: The Pressure to Always Feel Happy as a Health Care Worker and How to Deal with a Negative Review in The Hospital Workplace. The Importance of Mentoring

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OPINION REVIEW

Toxic Positivity

It sounds paradoxical, even absurd. How is it possible that the word positivity, intertwined with concepts such as joy and happiness, is defined by the adjective toxic? And yet, in the age of social media, this framework is spreading more and more. Thus, a whole culture of this toxic behavior is created. Phrases like "Good Vibes Only", "Just think positive", "Everything happens for a reason" are constantly recycled. The phenomenon is of course magnified by technology, but it also exists beyond that.

What is Toxic Positivity?

The term toxic positivity was coined by psychotherapist Whitney Goodman, after an Instagram post. This practice argues that the permanent maintenance of a positive attitude is the only way in our life. It focuses exclusively on the positive elements of life and pushes aside anything that might trigger negative emotions. This idea may seem appealing. However, things are more complicated when it comes to the human psyche and especially for workers in the health professions.

The Problem It Creates:

Those who use this method usually have a good motive. There is the intention to offer help to the person facing a difficult situation or to themselves. However, what they do manage to do is invalidate the feelings of the person who is experiencing a painful time in their life.

It is noteworthy to underline those difficulties are part of the human condition. As negative and painful as the feelings caused by unpleasant events may be, they are nonetheless important. It is important to feel them, express them and validate them.

But toxic positivity interferes with this path, arguing that there is no room for such feelings. As a result, these feelings are suppressed and there is a risk that they will explode at some point.

It would be good to come to terms with the idea that feelings we don't like are not our enemies. When we cancel or ignore unpleasant feelings, we actually magnify them. We are trapped in a vicious circle. We try to convince ourselves that we don't need to attach much importance to them. Thus, emotions grow and increase in strength throughout their repression.

The system of toxic positivity, as it becomes apparent, could be described as anything but functional. Denial of our true feelings leaves no room for understanding what is going on inside us, who our true selves are and what our needs are. Evolutionarily, too, it is good to keep in mind that humans as a species are not able to program ourselves to feel exclusively happy.

Treatment:

Supporting the people around us (or even ourselves) is not necessarily related to the concept of positivity, as oxymoronic as that may sound. When we sympathize with a person who is facing a problem, we do not force the positive approach but leave room for it to arise on its own. Positivity becomes toxic when it becomes compulsive. For a flower to bloom, we don't call it "Just bloom". We water it so that it grows and develops. Watering in our case corresponds to being good listeners. We pay attention to what he has to share with us and in no way invalidate what he feels.

The recognition of emotions plays a decisive role in cases involving ourselves. The first step when experiencing an unpleasant feeling is acceptance. "I feel this way and it seems particularly difficult." It may sound simple, but by accepting the emotion we reduce its power, because we leave room for ourselves to express ourselves freely. Writing can also be particularly useful in this process. This is because it is one of the most effective methods of capturing our emotions. Writing is something like a bridge between what we feel and the world around us.

So, the next time you find yourself in an unpleasant situation, whether personal or someone in your environment, do not rush to proceed with the easy and standard solutions offered by toxic positivity. Keep in mind that sometimes we have to leave the glass half full!

Dealing with negative criticism can be difficult, but it's an important skill worth developing in order to communicate effectively and improve at the same time. Here are some tips to help you deal with negative reviews:

- **Keep Calm:** Try to stay calm when you hear negative comments. Take a deep breath and try not to take it personally.
- **Listen Effectively:** Pay attention to what the person is saying and listen carefully to what they are saying to you. Don't interrupt or get defensive.
- **Ask Questions:** Ask for more information to clarify what the person means and try to understand their perspective. This can help you identify areas for improvement.
- **Respond thoughtfully:** Respond thoughtfully to criticism and acknowledge the person's perspective. Thank him for his feedback and show that you take his opinion seriously.
- **Take Time to Think:** Take some time to think about what he told you and how you can use it to improve your performance. Try to identify specific actions you can take to deal with the criticism.
- **Don't Dwell on It:** After you've reflected on the feedback and taken steps to improve, try not to dwell on it anymore. Move forward with a positive attitude and focus on your own progress.
- **Seek Additional Feedback:** Seek feedback from other sources to gain a comprehensive view of your performance. This can help you spot patterns and areas for improvement.

Remember that negative criticism can be an opportunity for growth and improvement. By staying cool, actively listening, and responding thoughtfully, you can turn negative criticism into a positive learning experience.

When you make a mistake don't sweep it under the rug!

This means that we should not be afraid to admit our mistakes and learn from them. Otherwise, they will punish us.

They will keep repeating themselves in our lives with different faces, in different circumstances and at unpredictable times.

When we hide them from ourselves or when we cast them on others, no progress is possible. Instead, our doom will be a repetition of the same sadness, frustration, and anger.

Again, and again!

Until we realize that as humans, we have the right to make mistakes, but also the obligation to learn from them!

Mentoring is a counseling system based on a relationship of trust between two people, the mentor and the mentee. Often, a mentor is someone with experience and knowledge in a particular field or activity, and offers advice and guidance to the mentee to help them develop their knowledge and skills. Mentoring can be done through face-to-face meetings, phone calls, email, or other forms of communication.

The purpose of mentoring is to help the mentee develop their professional skills, better manage the challenges of their professional life and achieve their goals.

Mentoring can be useful in helping young health professionals acquire some basic knowledge and skills that will help them gain career prospects and gain professional competence. New health professionals can gain knowledge and skills such as time management, client management and collaboration with other professionals.

Overall, mentoring can be a very useful tool for developing knowledge, skills and professional competence, as well as managing the challenges of working life. It can also help you achieve your goals and gain the professional competence you need to advance your career.

The goal of the relationship between mentor and mentee is to strengthen the levels of professional skills and abilities of the latter, combined with strengthening and enhancing their self-confidence and effectiveness.

The quality of the relationship between these two is a determining factor in the successful development of the collaboration and the progress of the mentee through mentoring.

Keeping calm means being able to maintain a state of emotional and psychological stability, even in stressful or difficult situations.

It involves managing our thoughts, feelings and behaviors in such a way that we prevent stress, frustration or anger from overwhelming us.

Composure helps us think more clearly, make better decisions and respond effectively to difficult situations.

It also promotes a sense of peace, relaxation and well-being.

Some useful tips that will help you keep your cool in difficult situations are the following:

1. **Practice mindfulness and deep breathing:** Taking slow, deep breaths and focusing on the present moment can help calm the mind and reduce stress.
2. **Exercise regularly:** Physical activity has been shown to have a positive effect on mental health and can help relieve stress and anxiety.
3. **Try and find a healthy outlet for stress:** Whether it's creative pursuits like art or writing, talking with a friend, or engaging in a relaxing hobby. If you manage to relieve your stress easily, pleasantly and creatively, you will see that many things in your life will start to become much easier and you will live more peacefully, calmly and creatively.

The psychology of success is the study of the mental and emotional factors that contribute to achieving success in various aspects of life, including career, relationships, and personal development.

Some of the most important ingredients and factors that can contribute to success:

- **Have a Positive Mindset:** A positive mindset can help you overcome challenges, stay motivated and focus on opportunities rather than obstacles. Positive thinking can help you cultivate resilience and perseverance, which are essential for success.
- **Set Goals:** Setting specific and achievable goals can help you stay focused and motivated and give you a clear sense of direction. Goals should be broken down into smaller, more manageable steps and reviewed regularly to ensure progress.
- **Be Able to Motivate Yourself When You Fall:** Success requires internal motivation and drive, rather than relying solely on external factors. It involves cultivating a sense of personal responsibility and taking initiative to achieve your goals.
- **Have Self-Discipline:** Discipline is the ability to stay focused and committed to your goals, even when doing so is difficult or inconvenient. It includes organization, developing good habits and setting priorities.
- **Resilience:** Resilience is the ability to bounce back from setbacks and failures. It involves learning from mistakes, maintaining a positive attitude and staying focused on your goals.
- **Have Emotional Intelligence:** Emotional intelligence is the ability to recognize and manage your own emotions, as well as the emotions of others. It includes developing good communication skills, building positive relationships and empathy.
- **Living With Mindfulness (mindfulness):** Mindfulness involves being fully present in the moment and aware of your thoughts, feelings and surroundings. It can help you reduce stress, improve focus and make better decisions.

Remember that Mentoring is not for people who have a problem but for people who have a vision!