



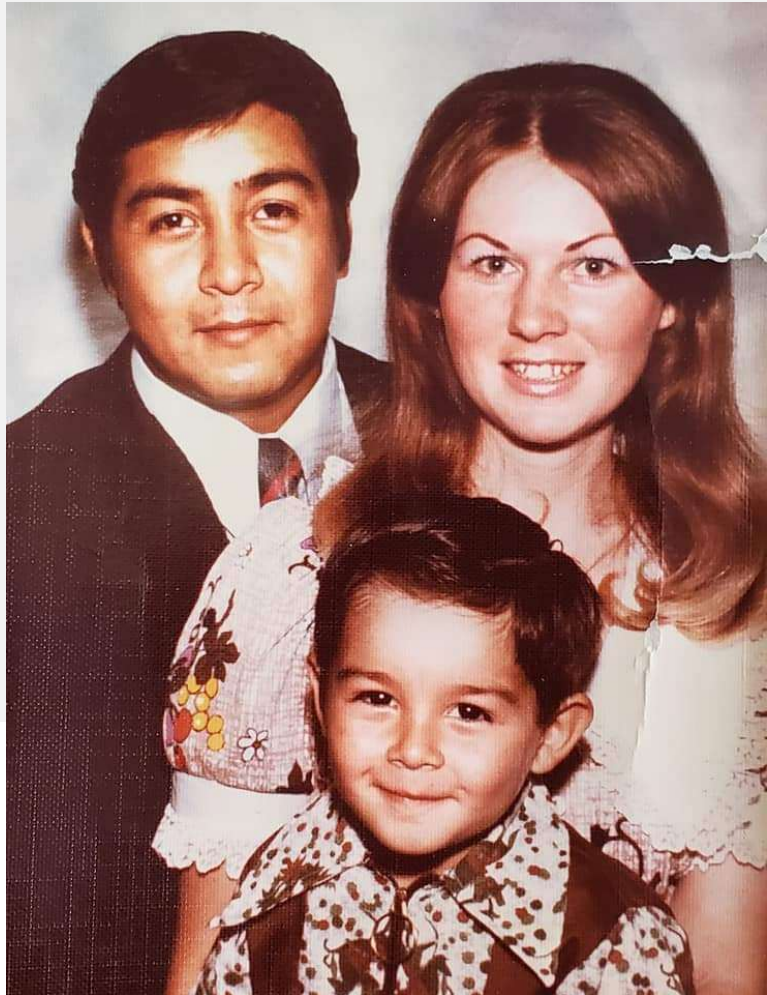
ATTITUDE IS
EVERYTHING!

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Healthmark, A Getinge company

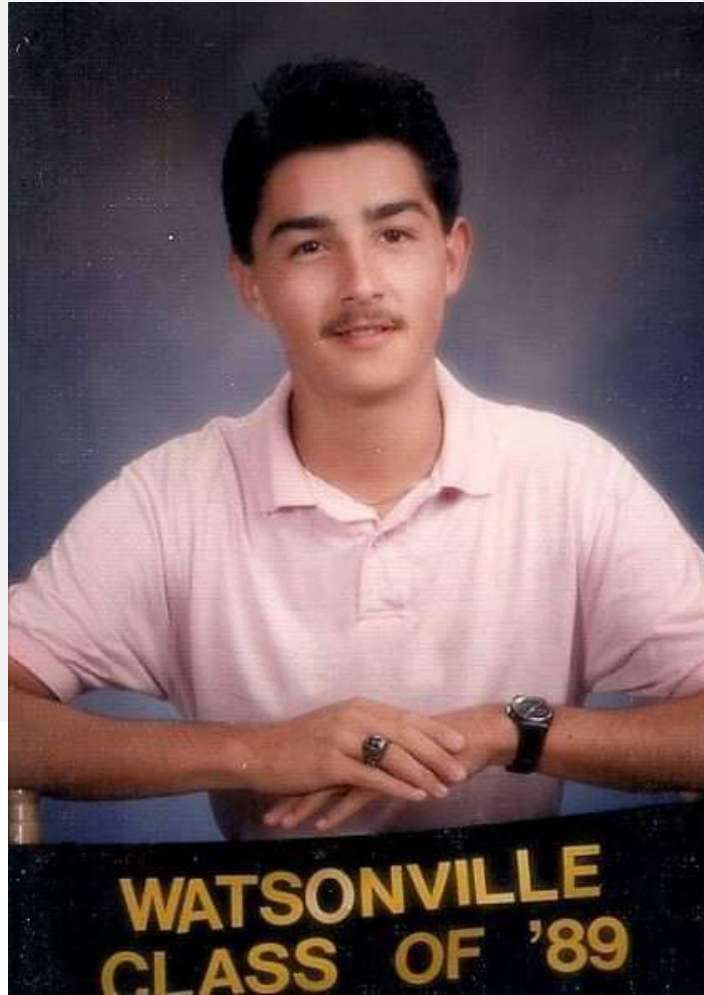
Learning Outcomes

- Understand and define the power of attitude bad or good, the ABCs in attitudes, and how attitudes are learned.
- Identify behaviors and some toxic behaviors.
- Review work cultures and how they are learned and developed.
- Discuss how to maintain a positive attitude.
- Describe attitude of gratitude.





You were a Kid



You were a teenager

What was your
Attitude when...

Active Childhood...

**An old photo of me and my
Mom jogging together**





The ABC's of Attitude

(Structure of Attitudes)

- **Affective component:**
Feelings/emotions
- **Behavioral component:**
Influences how we act or behave
- **Cognitive component:**
Belief/knowledge

The Definition of Attitude

Your Feeling/Emotions Towards:

1. People
2. Places
3. Objects
4. Issues
5. Events



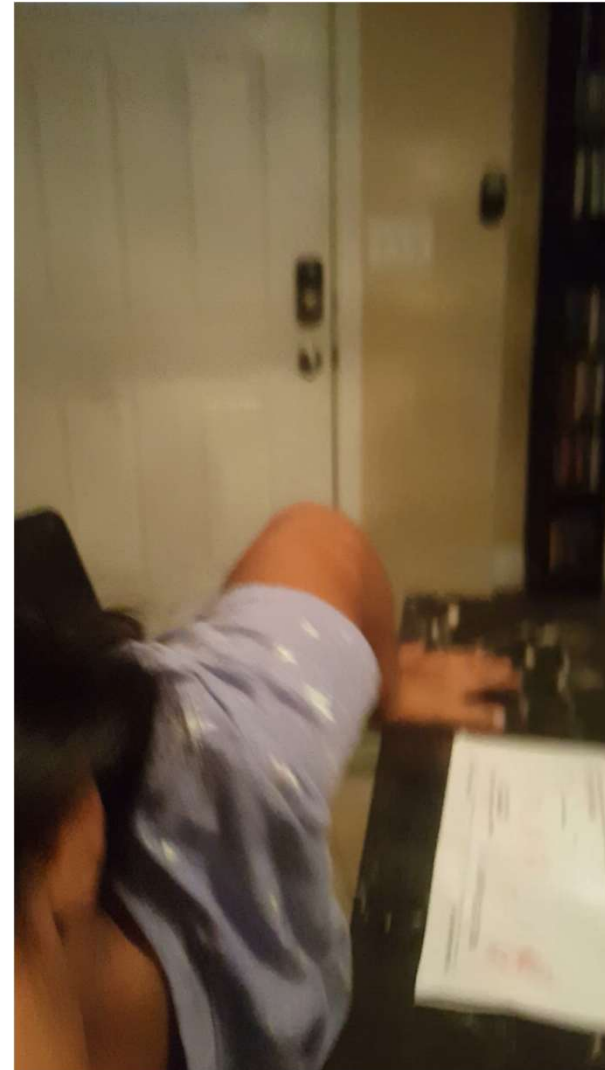
Where Does it Come From?

1. Experience
2. Observation
3. Upbringing
4. Social Norms & Roles
5. Enduring, But can change



How Attitude is Learned

- **Classical conditioning:**
association between two stimuli
- **Operant conditioning:**
rewards and punishments for behavior
- **Observing the people around you:** children/parents



A full moon is visible in the sky, partially obscured by clouds. The moon's light reflects on the ocean's surface, creating a shimmering path. In the foreground, a small, dark-colored boat with a yellow stripe is beached on a sandy shore. The ocean waves are breaking gently onto the beach. The overall scene is serene and atmospheric, with a cool color palette dominated by blues and greys.

“People may hear your words, but they feel your attitude”

BABY
DREAMTV







**Give Some
Thoughts to These
Pictures**

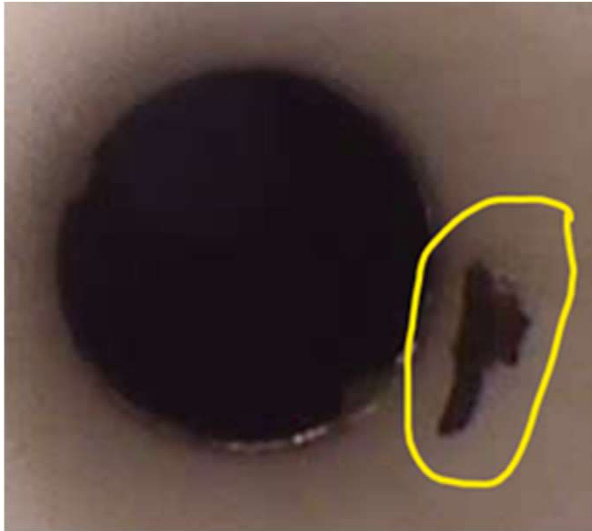
Attitude Towards Environment



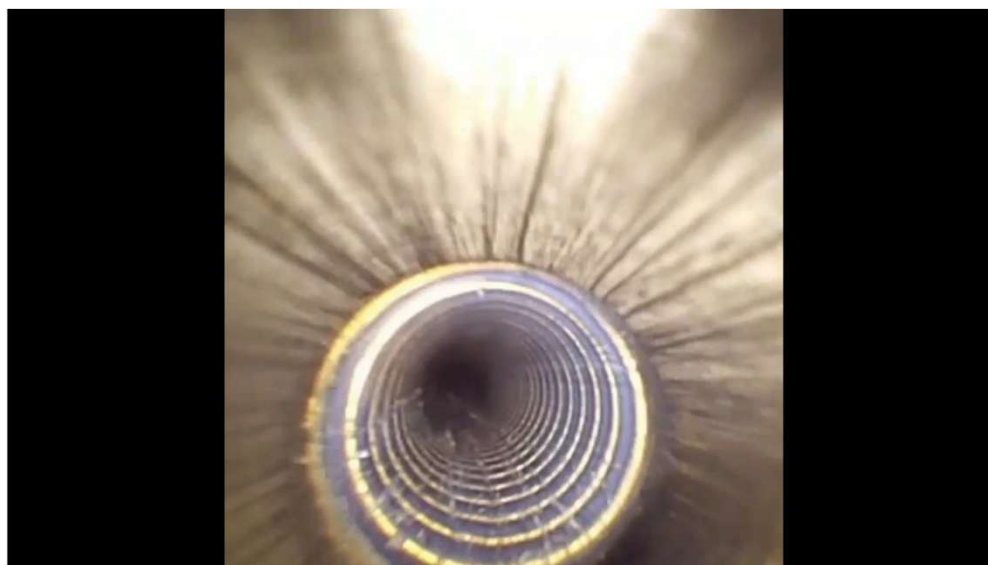
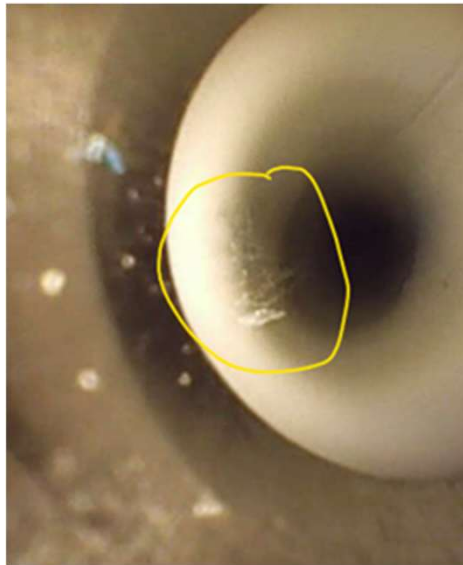
**DISNEYLAND 1 PARK PER DAY
TICKET PRICES 2026**

Ticket Type	Price	Additional Info
2-Day Ages 10+ 1-Park per Day	\$322	
3-Day Ages 10+ 1-Park per Day	\$420	
5th Day Free Ages 10+ 1-Park per Day	\$480	

The Happiest Blog on Earth



Attitude
Towards
Objects



**What is your
attitude?**



Attitude
Towards
Objects

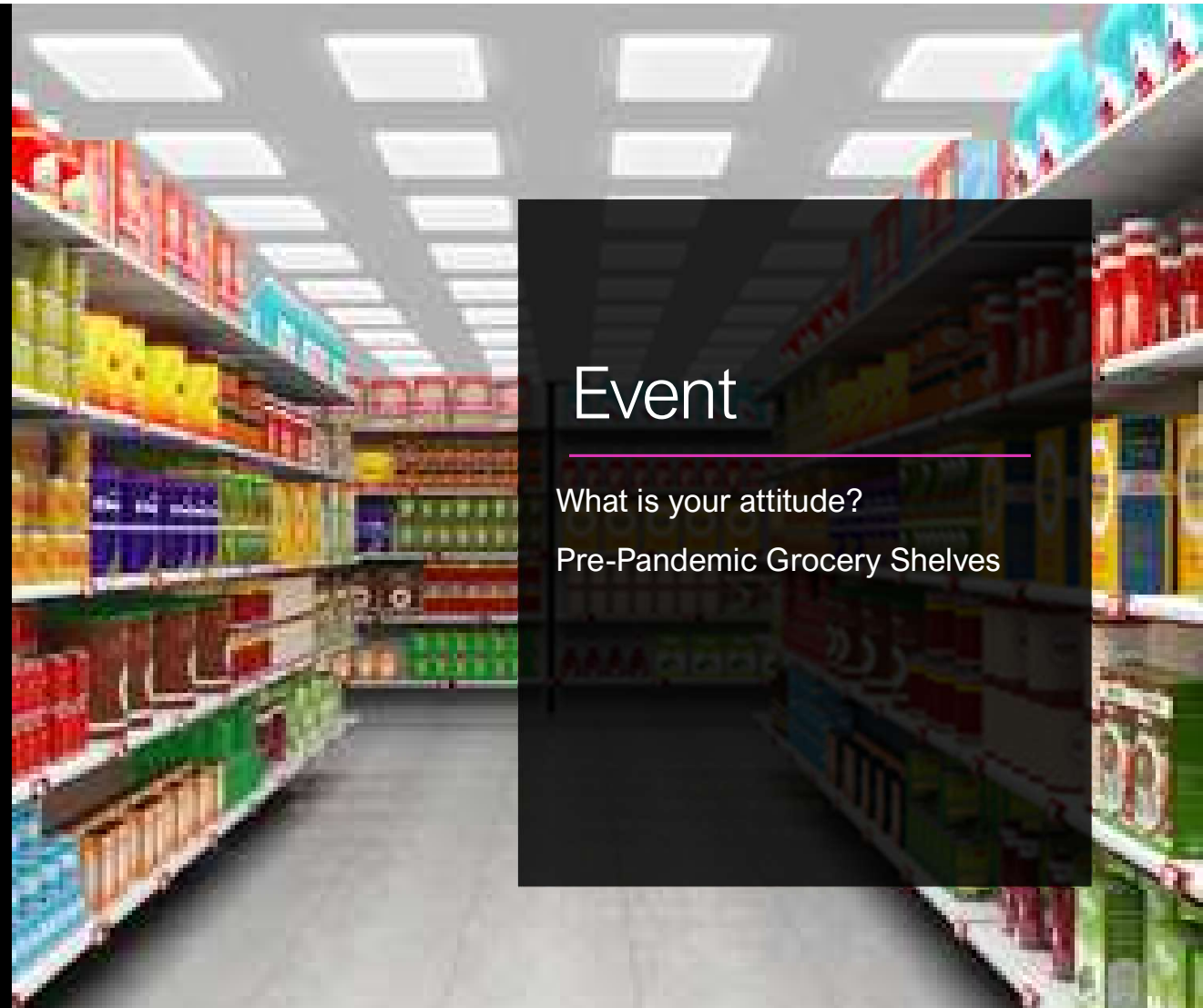
**What is your
attitude?**

Examples of Unintended Insulation Burns During the Procedure



- September of 2020 my daughter became ill
- 7-days later daughter returned to emergency with complications (not related to arcing)
- This incident was a (near miss)





Event

What is your attitude?

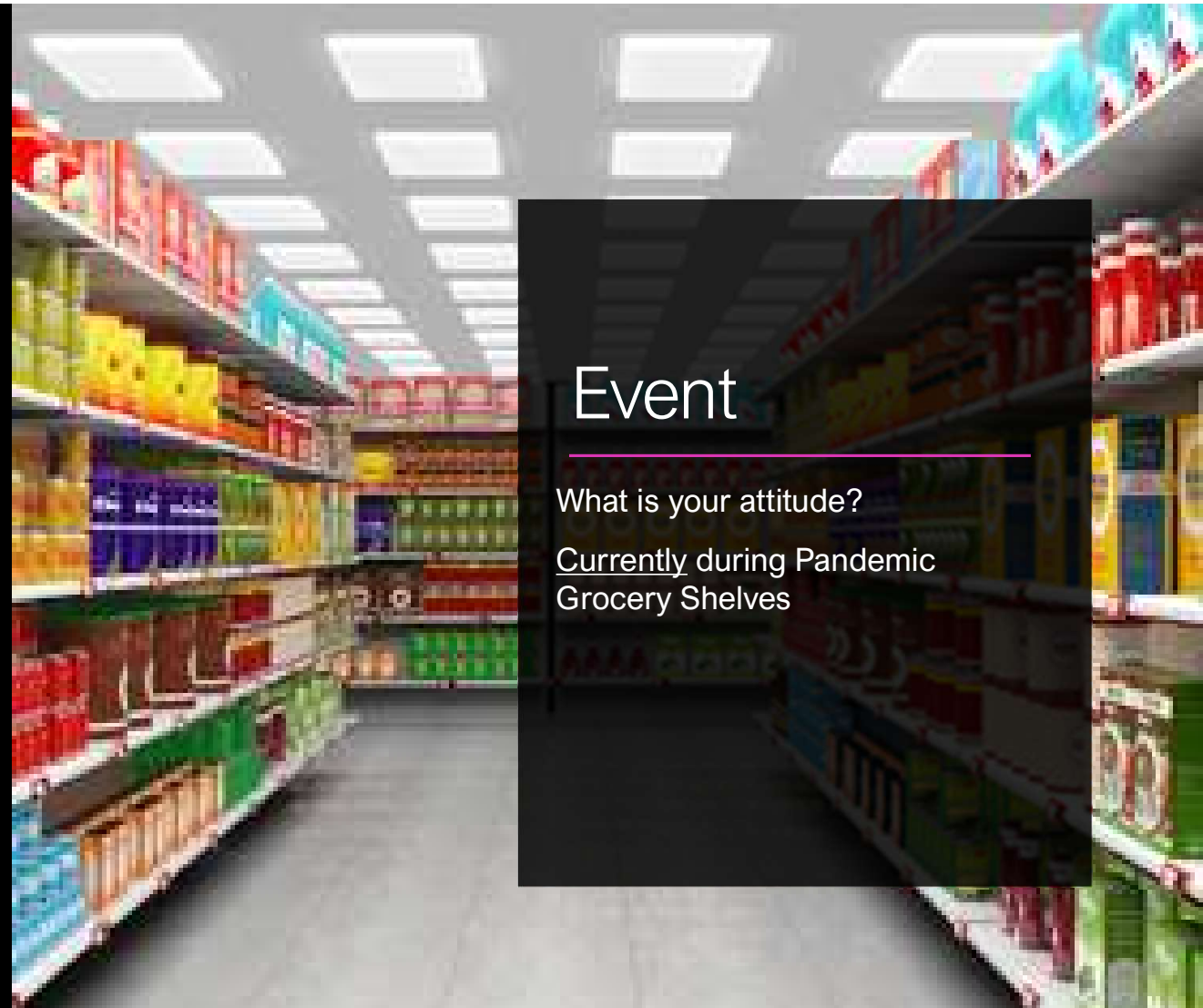
Pre-Pandemic Grocery Shelves



Event

What is your attitude?

First Part of the Pandemic
Grocery Shelves



Event

What is your attitude?

Currently during Pandemic
Grocery Shelves

The Definition of Behavior

- The action response from your attitude.
- Can be positive or negative
- Changes with your attitude
- Can be consistent or not



Bad Behaviors in the Workplace



Bad Behaviors in the Workplace

Can Include:

- Gossiping and instigating
- Rudeness or being inappropriate
- Lashing out
- Starting aggressive arguments or being hostile



Day Shift



PM Shift



Night Shift



Being Tired Can Affect your Behavior!



The Job Itself!

Leadership!



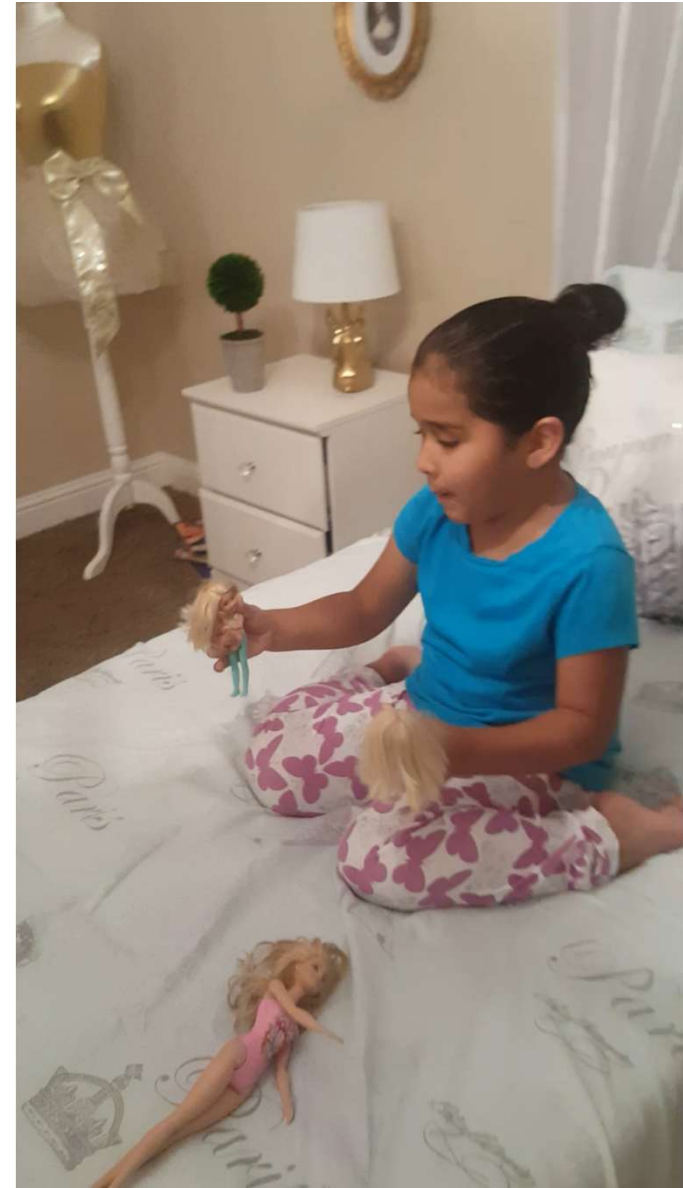
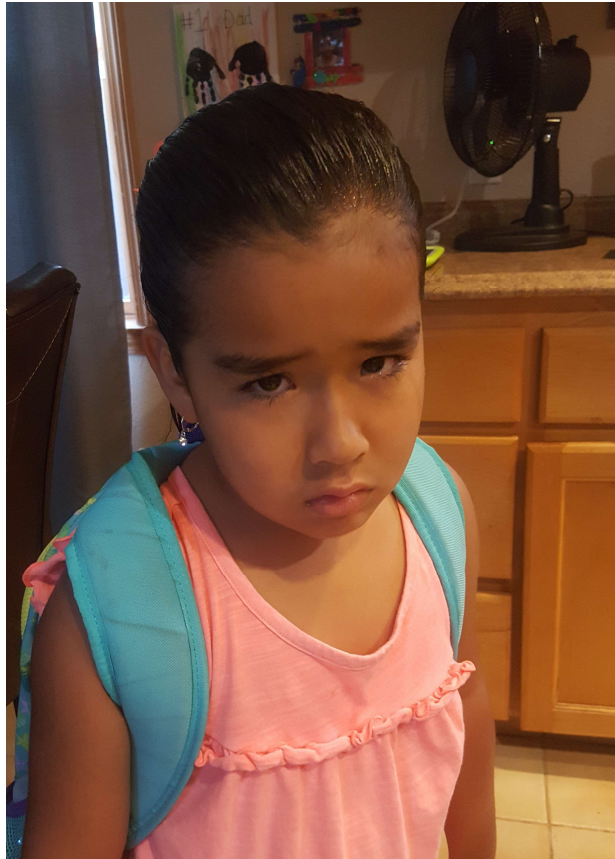
Types in Difficult Behavior:

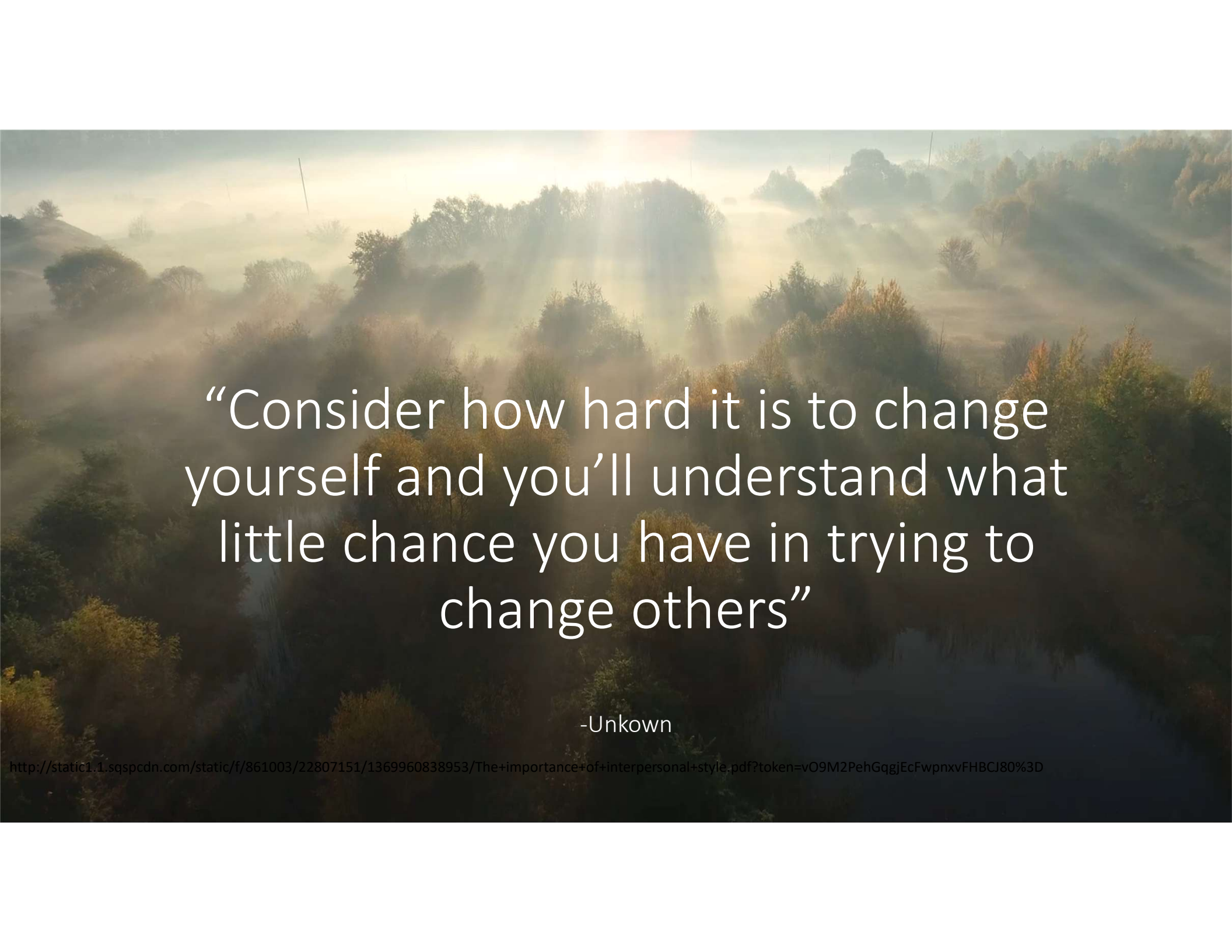
- **The Tank:** abrupt & intimidating
- **The Exploder:** temper tantrum
- **The Complainer:** faults in everything
- **The Clam:** not engaged
- **The Wet Blanket:** won't work



Turning Around Bad Behavior

- Only you can modify these behaviors
- Attitude is internal



A misty forest landscape with sunlight filtering through the trees. The scene is hazy and atmospheric, with a river or stream in the foreground reflecting the surrounding greenery and the soft light from above. The trees are dense and their colors are muted by the fog, creating a sense of depth and tranquility.

“Consider how hard it is to change
yourself and you’ll understand what
little chance you have in trying to
change others”

-Unkown



WORK CULTURES

Work Cultures

- Traits shared by a group of people
- Can be positive or negative
- Behavior of the norms in the environment
- Learned from each other

Engagement is a
Personal Choice!



Work Cultures

- Past work experiences
- life experiences of each employee
- People's personalities
- Facilities history and values



Work Culture is Difficult to Change

- Requires people to change their behaviors
- Unlearn old ways of doing things



Work Culture: Changing It!

- Persistence
- Discipline
- Employee involvement
- Kindness
- Understanding
- **YOU CAN MAKE A DIFFERENCE!**





“Herbivores”

Worker Bees, love teamwork, work together peacefully,
take breaks together, mind their own business, and do not like drama



“T-Rex”

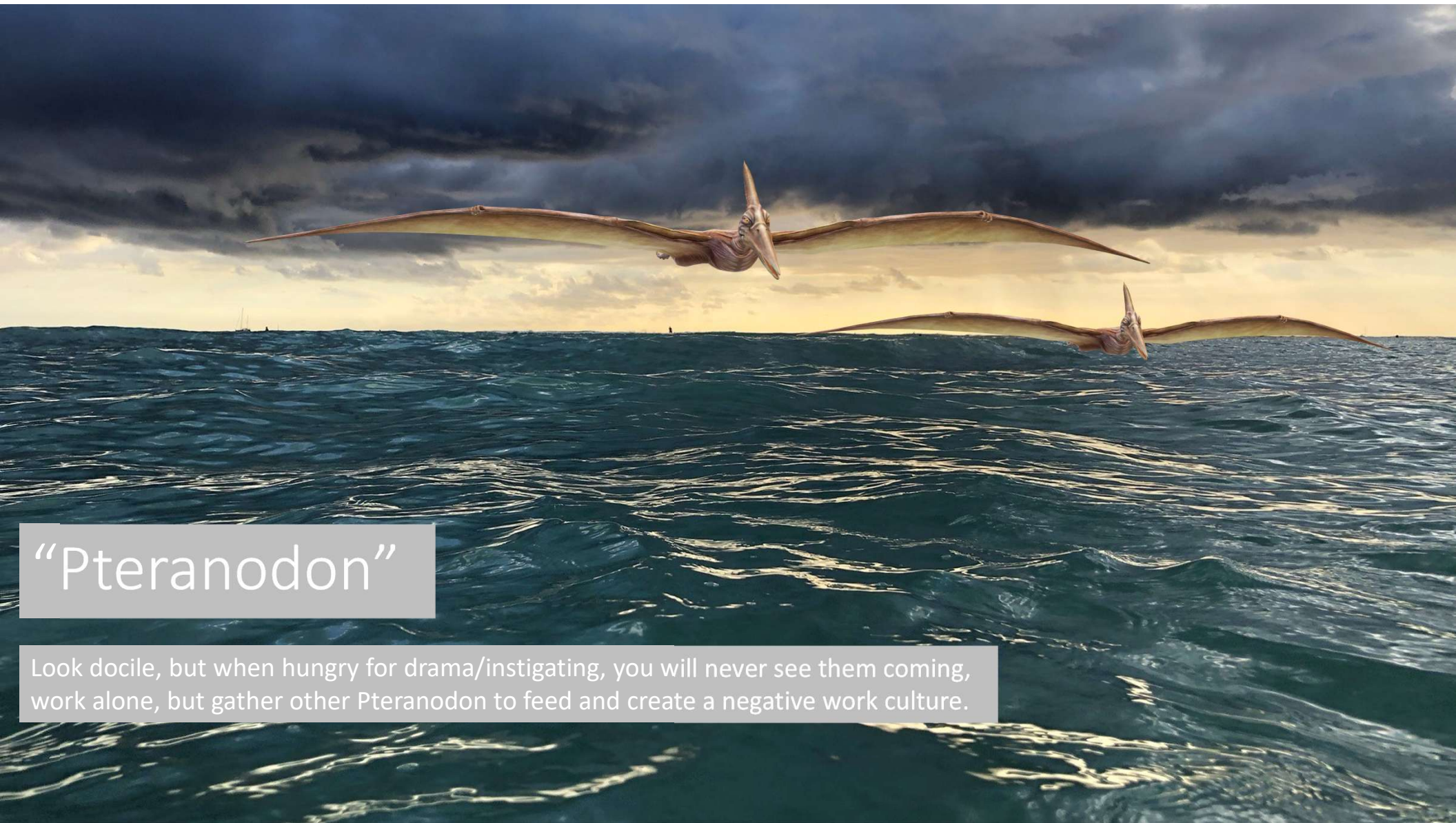
Works alone, does not participate in teams, typically negative, and when angered will attack their co-workers by themselves.



“Velociraptor”

Work only in packs, can look docile when needed, but extremely aggressive, specifically attack herbivores on other shifts or their own shift if desperate, but when the pack leaves them, they will never attack on their own.





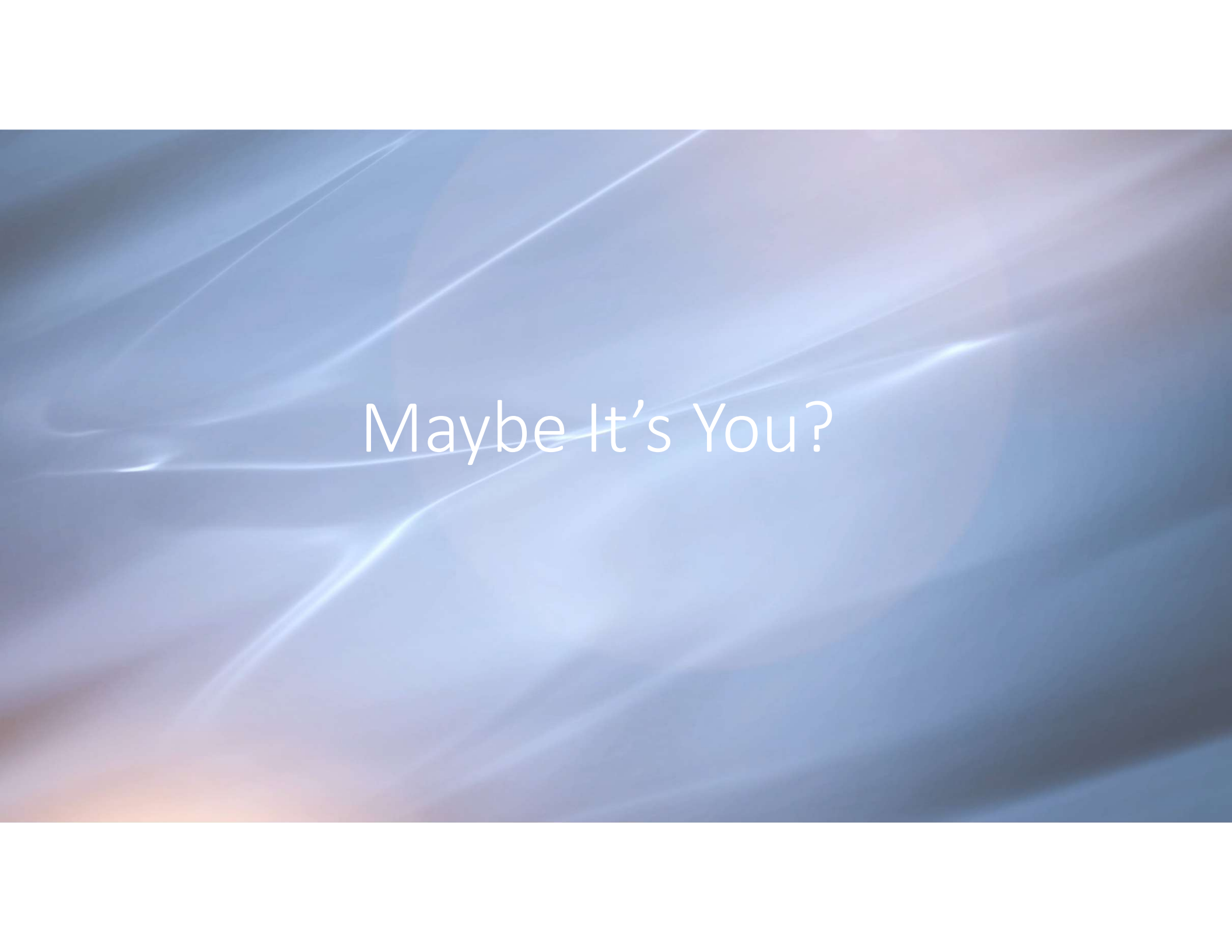
“Pteranodon”

Look docile, but when hungry for drama/instigating, you will never see them coming, work alone, but gather other Pteranodon to feed and create a negative work culture.

“Dilophosaurus”

Usually in a leadership role, use camouflage to mask hidden agenda, come off as very loyal to leadership and front-line staff, but when hungry for power and status plays both sides of the fence and becomes extremely aggressive. Attacks by spitting in your eye with disrespect.



The background is an abstract composition of soft, flowing light streaks in shades of blue, purple, and white, creating a dreamy, ethereal atmosphere. The text "Maybe It's You?" is centered in a clean, white, sans-serif font.

Maybe It's You?

Maybe it's You?

- You may have blind spots
- You're stuck in the same situation
- Could be the way you're thinking



Maybe It's You?

- You have two choices:

1. Live with it and be unhappy
2. Take a good serious look in the mirror

“We can't see our blemishes until we have a mirror to reflect them”

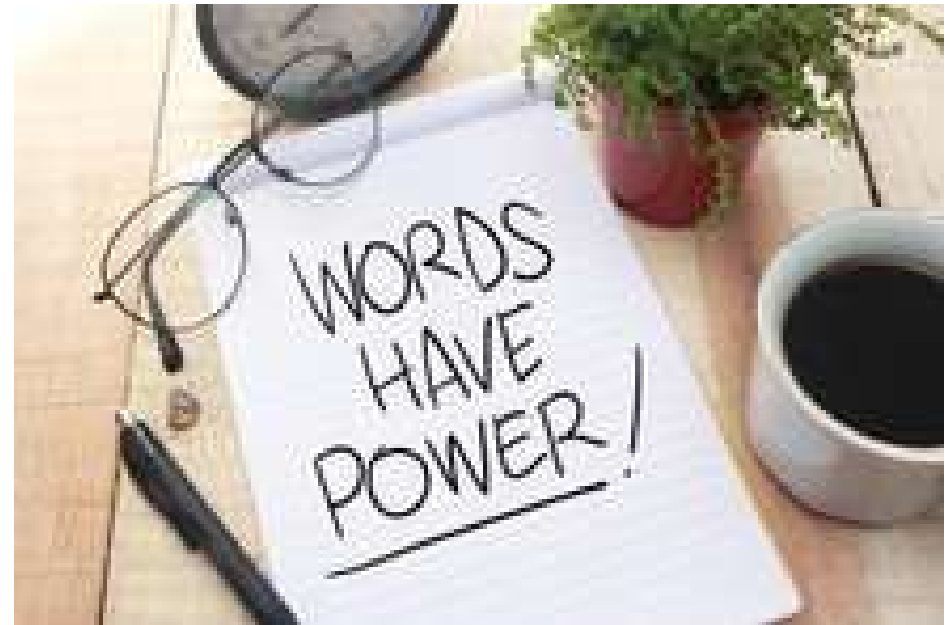


Image Courtesy of The Mill. © Universal S

SIMPLE HABITS TO
GROW A POSITIVE ATTITUDE

Use Positive Words to Describe Your Life

- How you talk about your life.
- Your mind hears what you say.
- How you describe your life
- Effects in your body and mind.



Replace “Have” with “Get”

- I have to go to work
- I have to go grocery store
- I have to pay my rent

Change to **Get** and see what happens:

- I get to go to work
- I get to go grocery shopping.
- I get to pay my rent/mortgage

Your attitude quickly changes from needing to fulfill obligations to being grateful for them.





Don't let yourself get dragged into other people's complaints

Make Someone's Day

- Set a goal (each day) to make someone else feel good.
- Think about someone else's happiness.
- Realize your immense impact that your attitude has on the people around you.



Have a Positive-starting Routine

- How you start your day/shift sets the tone for the rest of that day.
- Attitude-boosting daily routine.



Take Responsibility

Go from victim-mode to creator-mode

- I create my life.
- I am responsible for me.
- I'm in charge of my destiny.



Have a “Zen” Attitude

“Why is this happening to me?”

- Choose to have a “Zen” attitude

Instead ask yourself:

- “What am I supposed to learn from this?”
- “How will this help me to become better?”



Give Up On Having An Attitude of Entitlement

Stop demanding that things be handed to you:

- “It’s up to me to get what I want.”
- “Good things come to those who work hard.”
- “I adapt to change easily and quickly.”
- “I keep going even when things get tough.”



Attitude of Gratitude



Adding Attitude of Gratitude

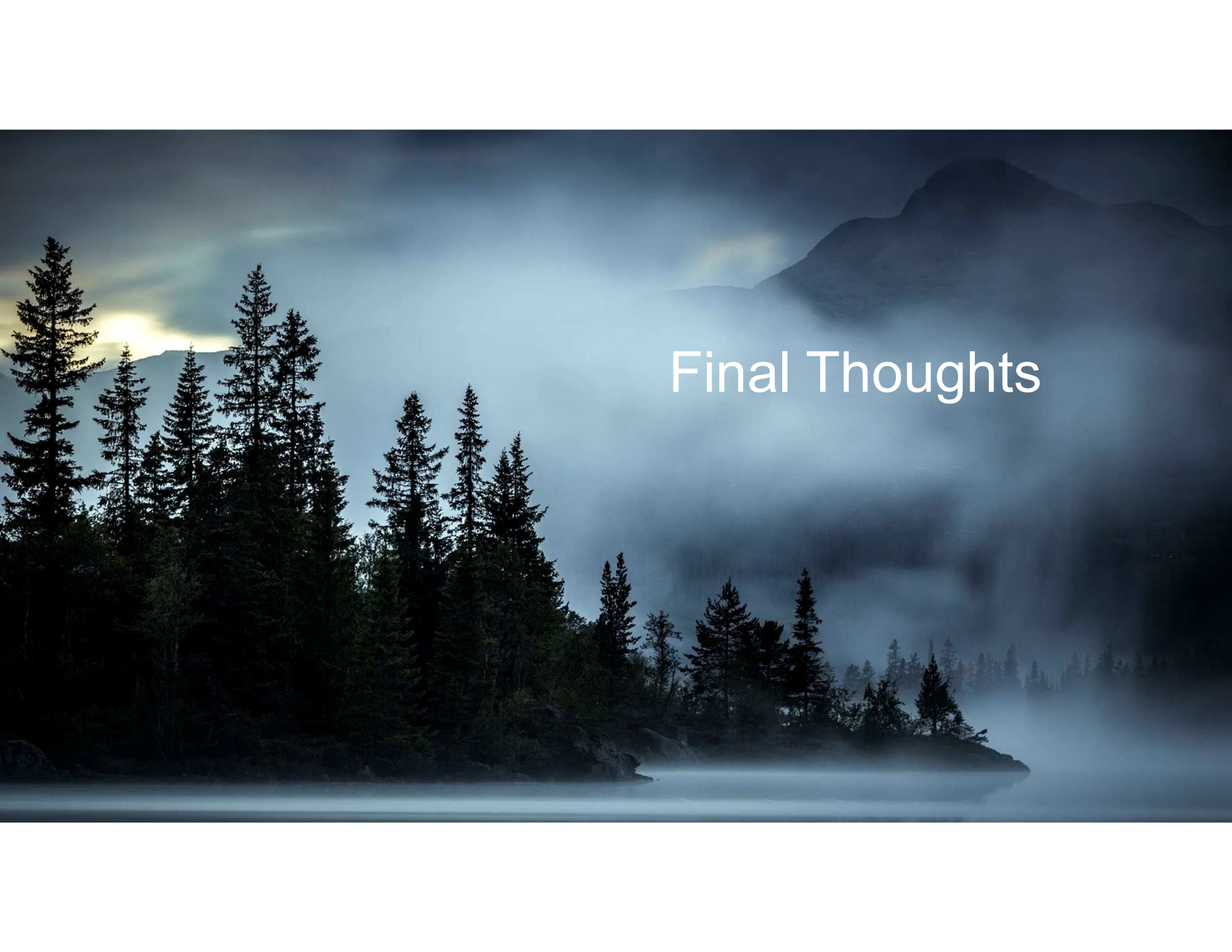
- Expressing gratitude isn't always easy.
- The effort can be worth the reward.
- Studies tell us that adding gratitude to your attitude can improve:
 - Relationships
 - Productivity
 - Health
 - Sleep



Remind Yourself:

- What are you grateful for?
- It's like stopping in your tracks and taking a deep breath.
- Do you look around and remind yourself what you have here and now?
- Do you live in the past, future, and not the present?



A dark, atmospheric landscape photograph. In the foreground, a dense forest of evergreen trees is silhouetted against a lighter, misty background. The trees are reflected in a calm body of water at the bottom of the frame. In the background, a large, dark mountain peak rises above a layer of mist or low clouds. The sky is dark and cloudy, with a hint of light breaking through on the left side. The overall mood is somber and contemplative.

Final Thoughts

MORE



Final Thoughts

- Do you just go through the motions and not appreciate journey?
- Do you truly see yourself and believe what others see, when you cannot?



Reflection of March 2023-2026

Side Effects Include:

- Severe panic attacks
- Depression
- Hallucinations
- Suicidal tendencies
- 2020, FDA Severity Warning
- 2024, dozens of suicides in the U.S. (not a confirmed total number)

Singulair

Change Your Attitude!



“Change your attitude,
change your life!”

“I live life, and I don’t just
survive it!”



Today 2026: My Family

References

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“If you can imagine it, you can achieve it,
but if you dream it, you can become it!”