

ARE YOU LUCKY?

by Kevynn Schumacher

When people think of St. Patrick's Day, green is generally what comes to people's minds, along with shamrocks and even of the idea of luck. The concept of luck, or being lucky, goes back for some time as something people have (or don't have), something people earn, or something that is passed onto another through an object or even through generations. This could be finding a 4-leaf-clover, carrying around a rabbit's foot, or having a good luck charm of some sort. In a study from 2010, it's shown that students perform better or even exert more confidence when they have a charm or some kind of object they have assigned as being lucky. However, what happens when you believe you don't have any luck, or, when it appears that the people around you have all the luck? What does this do to your ability to cope or feel happy for others? Though luck can be a difficult concept to study, we can look at the personalities of those who believe they have it, or seem to experience it more often. Individuals who view themselves as unlucky, may not take that chance or go that extra step in fear that they will likely fail as luck is not on their side.

When you view yourself as being lucky, you are more aware of these 'luck bringing' experiences and this continues to give you a boost in your confidence, reinforcing the belief that you see yourself as lucky. Another way you can challenge this is having cognitive flexibility, thinking of different viewpoints, challenging your negative or unhelpful beliefs, and becoming more elastic with your thinking to simply change your habitual behaviors. The concept of tiny habits can help with this in hopes to change your luck. As we get older the concept of luck may seem to diminish as we increase our internal locus of control and can recognize the danger in activities, not wanting to take such risks we might have earlier in life. In this way we create these rules for ourselves and can unintentionally block these luck bringing opportunities. How can we change this?

- Say yes more.
- Challenge yourself to do something different or take a different route.
- Surround yourself with people who challenge you and your habitual behaviors.
- Embrace the failures and see them as opportunities for growth.
- Lastly, have a flexible mindset and begin to see yourself in the lucky category.

References:

Steele, C. (2021, July 5). Your Mental Health & the Power of a Good Luck Charm. Australian&New Zealand Mental Health Association. Retrieved February 29, 2024, from <https://anzmh.asn.au/blog/power-of-good-luck-charm>
Weber, R. (2010, May). Make Your Own Luck Five principles for making the most of life's twists and turns. www.psychologytoday.com

UPCOMING EVENTS

- 3/7 Verbal De-escalation 9:30-11 am
- 3/18 You and Your Emotions: Exploring Loneliness 3-4:30 pm
- 3/21 Organizational Psychology 9-10:30 am
- 4/8 Psychological First Aid 3-4:30pm

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March 2, 2024 -9:00AM

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April 9, 2024 - 6PM

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Unless otherwise noted, event registration can be accessed on MNTrain.



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