

## Mayo Clinic Minute

### Assume Positive Intent

VIDEO	AUDIO
	Afternoon, Santa.
	'Tis the season for long lines and even longer lists.
Amit Sood, M.D.	Most people, according to one study, have more than 150 undone tasks at any time.
	150 undone tasks! No wonder we so dread the red light.
Amit Sood, M.D.	We are just meeting one deadline after the other.
	Dr. Amit Sood is the author of the <i>Mayo Clinic Guide to Stress-Free Living</i> .
AMIT SOOD, M.D. INTERNAL MEDICINE Mayo Clinic	Most people are filled with responsibilities that they have to do, so we should give others a break.
	<i>Sound of truck passing</i>
Title: JEFF OLSEN MAYO CLINIC MINUTE Mayo Clinic News Network	And here's a technique that might help you do that. Something called API. Short for: Assume Positive Intent. Assume the person causing your problem really is giving it their best shot.
	Offer the benefit of the doubt to the cashier at the grocery store ...
	<i>Sound of people being greeted for pictures with Santa</i>
	... and the elf outside Santa's workshop.
Amit Sood, M.D.	There are a million things that could be on her head, so I should just be patient, and give her a break.
	Keep it light in that long line. Give a break amid the brake lights.
	Assume Positive Intent with the people around you, and it might be easier to keep the "happy" in holidays.

Graphic:  
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For the Mayo Clinic News Network, I'm Jeff Olsen.