

Optimism: It's good for your health



Recent studies say that optimists may have less risk than pessimists when it comes to developing certain health issues. These can include heart disease, viruses, mental health problems, infections and more. So if you think you could be more optimistic, you now have a great reason — your own wellbeing. Read on for some specific tips.

Ways to boost your optimism

If you're pessimistic, you may:	To be more optimistic, try this:
See any success you have as a lucky break	Pat yourself on the back and take responsibility for every success — no matter how small. This will help build your confidence for each new effort.
Give up quickly when something is hard	Understand that it's non-productive to give up as soon as you're frustrated or let down. You can survive — and often benefit — from persisting in the face of difficulty.
Hold on to grudges	Stop using up energy on past hurts. Try to let go of grudges and use your energy to move ahead.
Expect the worst in any situation	Are you hesitant to anticipate something good because it might fall through? Don't be afraid of disappointment: It can be a great motivator. Learn to deal with disappointment and figure out the reason for failure. These become learning tools for your next projects.
Feel cynical and/or jealous when other people succeed	Do others seem to succeed easily while you struggle? Does social media showcase everyone else's life as "perfect"? Instead of feeling resentful, re-focus on all the things that make <i>your</i> life happy. And if you know someone who succeeds a lot, see if he or she will mentor you so you can learn from their strategies.

Pessimism is a mindset that takes time and practice to change. To be more optimistic, you need to rewire your reactions and thought patterns. If you want to become more positive, use the tips above to try seeing the glass half full!

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