



LIFE SKILLS

ROSE-TINTED GLASSES – THE BENEFITS OF OPTIMISM

It's more than just a case of seeing the glass as half full or half empty. How we decide to see the world is often how we come to experience the world. This is why experts are encouraging more of us to consider our attitude towards life and consider harnessing the potential health benefits of optimism.

1. How you feel has consequences

Psychologist Martin Seligman warns that the way you habitually feel can have serious consequences. His research suggests that pessimists tend to give up on things easier than optimists.

He also found that pessimists were usually more depressed and unhealthy than their more chipper counterparts.

2. It's not about avoiding or ignoring the problem

There is a common misconception that optimists ignore the problems of the world and only focus on the good things.

This is untrue according to psychologist Suzanne Segerstrom, who suggests that optimists are actually more likely to tackle problems "head on" and find a solution.

They do so optimistically, which means they expect to find a good outcome, which is what makes all the difference.

They believe that they will resolve the issue, and therefore do.

3. More benefits with a positive outlook

According to Christine Carter, Senior Fellow at the Greater Good Science Centre at Berkeley, optimists enjoy more success at school, work, and athletics, they live longer, enjoy happier marriages and feel much less anxious.

4. How to be more optimistic

Wellness coach, Elizabeth Scott suggests the following ways to be more optimistic:

- Analyse your thoughts and give yourself credit when its due.
- Don't sell yourself short when you've achieved something and recognise all the ways that you ave managed to achieve something when you achieve it.
- Try to regularly imagine good outcomes and happy future events, instead of focusing on what could go wrong, explore some of the ways things could go right. The key is to minimise your failures and to maximise your successes.