

Optimism

Presented by: Desiree Davis, MA, CGACI



CASCADE CENTERS
INCORPORATED

Your Employee Assistance Program Provider

Objectives

- What is optimism?
- Why you are probably already optimistic and what this means
- Ways of thinking that can help you be “optimistically realistic”
- The importance of stress management

Definition of Optimism

- Outlook on life such that one maintains a view of the world as a positive place (seeing the glass "half full" of water as opposed to half empty.)
- Optimists generally believe that people and events are inherently good, so that most situations work out in the end

TED Talk-Shawn Achor

- https://www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work#t-39413

Optimism Can ...

- Inoculate against depression
- Improve health
- Combine with talent and desire to enable achievement



Reacting to Setbacks

Optimism

- Bad events are temporary setbacks
- Isolated to particular circumstances
- Not necessarily my fault



Pessimism

- Bad events will last a long time
- Will undermine everything I do
- Are my fault

ADVANTAGES?

“Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.” – Helen Keller

DISADVANTAGES?

“Optimism is the madness of insisting that all is well when we are miserable” - Voltaire

Will Thinking More Realistically Mean That Nothing Bad Will Happen to You?



OBSTACLES

SOME THINGS CAN NOT BE OVERCOME WITH DETERMINATION AND A POSITIVE ATTITUDE.

Optimism vs. Reality



OPTIMISM

The steadfast belief that every landing will be a soft one.

motifake.com

The Flexible Optimist

- Recognize situations which call for optimism and situations which call for realism or pessimism.
- Find a healthy balance of optimism, pessimism and realism.

Hope is definitely not the same thing as optimism. It is not the conviction that something will turn out well, but the certainty that something makes sense, regardless of how it turns out.

-Vaclav Havel

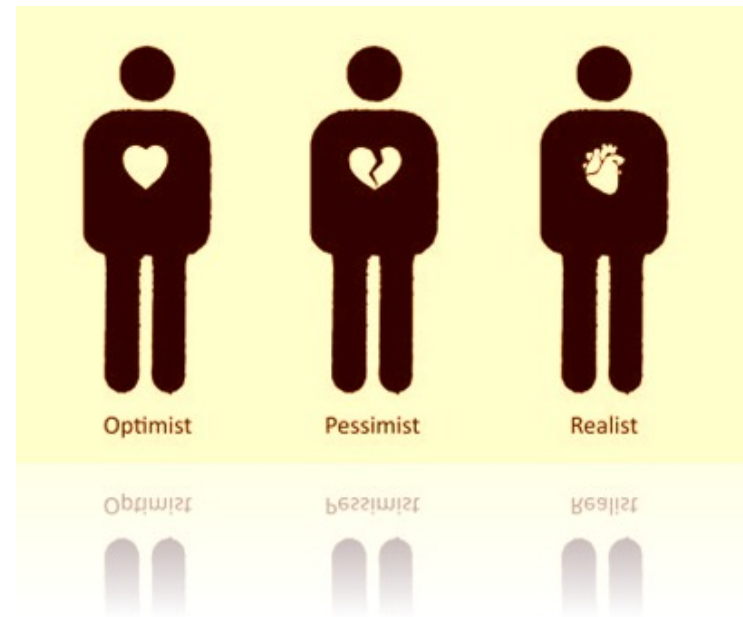
Are there times to be pessimistic?

What Does it Mean?

- Optimism versus Hope



- Pessimism versus Reality



Earned Optimism

- Looking at what you have overcome
 - Optimism is earned based on experience of overcoming obstacles
- Where you look is where you go - set your vision



Prioritizing Using Locus of Control

	IMPORTANT	NOT IMPORTANT
C O N T R O L	These events require action.	These are your “C” priorities; they don’t deserve attention.
N O C O N T R O L	These events are beyond your control they require acceptance.	Why waste time and energy here?

What Thoughts do You Choose to Think?

Positive...I...

- look great
- am really smart
- am capable
- am loveable
- am likeable
- believe people are trustworthy
- believe good things happen to me

Negative...I...

- am unattractive
- believe no one likes me
- am stupid
- will never be successful
- let people take advantage of me
- am never treated well by others

Cognitive Distortions

- All or Nothing Thinking
- Overgeneralization
- Mental Filter
- Discounting the Positive
- Jumping to Conclusions
- Magnification and Minimization
- Emotional Reasoning
- Should Statements
- Labeling
- Blame

Changing/Challenging Cognitive Distortions

- Negative thought
- Deeper negative thinking
- Evidence for
- Evidence against

- If the negative thought is true... **CHANGE**
- If the negative thought is untrue... **CHALLENGE**

Replace Negative Thought with More Realistic One

Do not lie to yourself but find a truth that is true but more positive.

Example

“I love the rain.” NO!

“I love the tulips in the spring that are a result of the rain.”



ABCs of Changing from Pessimism to Realism

This is an exercise like any other...

A = Adverse event or situation

B = Beliefs about that event

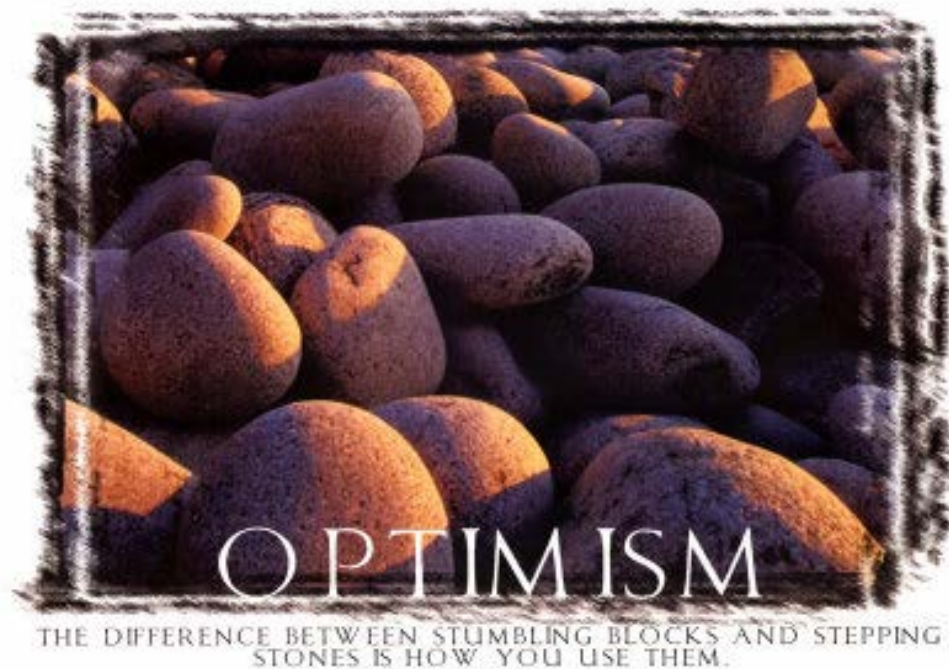
C = Consequences of those beliefs

D = Disputation and distraction

E = Energization

Feel Good – Think Better

It is important to manage stress and therefore, help yourself to think more optimistically.



Take Care of Yourself

- Monitor your stress level
- Notice your self-talk -- be realistic
- Exercise, stretch, relax
- Manage your time effectively
- Talk out your worries
- Use your support system
- Use resources available to you



Benefits of Optimism

- Physical health
- Longevity
- Productivity
- Problem solving
- Persistence
- Emotional health
- Less stress
- Interpersonal



Questions?



University of Oregon

Employee Assistance Program (EAP)

Summary of Services:

- Intake / Assessment
 - Up to five (5) visits per incident, per year
- E-Support
- Crisis Counseling
- Home Ownership Program
- Work / Family / Life
- Identity Theft Services
- Legal Consultations
- Financial Coaching
- FREE Simple Will Kit
- Cascade Personal Advantage

Thank You for Attending!

If you have any questions or would like additional information regarding services through your Employee Assistance Program please contact us at:

Phone: 800.433.2320

Text: 503.980.1777

www.cascadecenters.com



CASCADE CENTERS
INCORPORATED