

OPTIMISM – SHIFTING MOODS



How can we shift our moods so that we can limit the negative sway over our thoughts and emotions? We can do it by:

- 1) reducing the negativity in our lives
- 2) changing the way we react to events
- 3) having more positive experiences
- 4) choosing intrinsic goals that bring the most satisfaction

Stop and think about this for a moment. Make some notes below:

1. Negativity can come from different sources – is it coming from others around you, your own thoughts, frustration with your work? What are some ways you can take simple steps to reducing this negativity?

2. Think about how you naturally respond to events around you or things that are beyond your control? Do you tend to be defensive (fight response) or do you avoid uncomfortable situations (flight)? What might be more constructive ways to respond to any difficult situations going on in your life right now?

3. How can you create more positive experiences in your life? Remember these should be small and frequent – the simplest things that you can incorporate day-to-day are going to be the most effective!

4. What are intrinsic goals? They are the ones linked to personal growth, close relationships and physical health. Set some of these for yourself and gain back control.

