

Creating Realistic Optimism for Resilience

Positive emotions (joy, gratitude, and hope) and negative emotions (such as resentment, anger, and fear) influence resilience. Indeed, positive emotions can broaden our focus, attention, and behavior, helping us become more creative as we tackle our problems (Southwick & Charney, 2018).

The following worksheet can help increase how you positively appraise a situation that may at first appear negative.

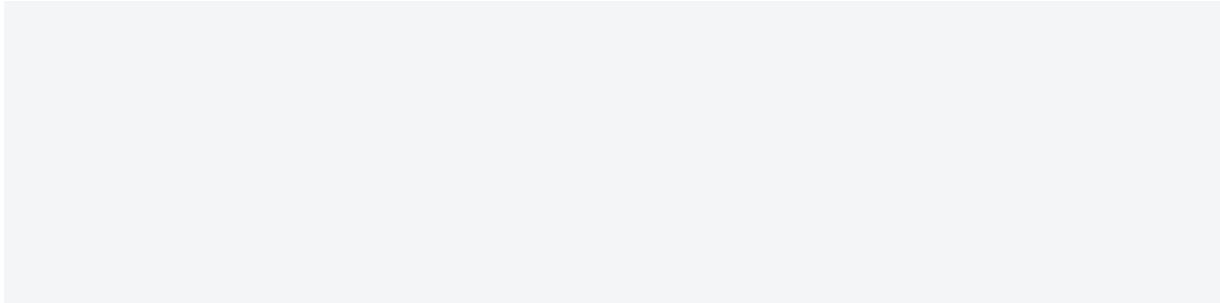
In a relaxed state, pause, and complete the following boxes:

Create a list of positive things that come to mind. It can include anything that adds value, meaning, or joy to your life.

Create a list of positive thoughts you could have about your life. For example, I enjoy my work, and I feel joy when I play with my children.

What positives are there in the current difficulties that you face in your life? Perhaps they are teaching you something or will open new doors in the future.

What actions or behavior could you start or increase that could help you increase positive feelings in your day-to-day living?



Engaging in more optimistic thinking can help you cope with stress and become more resilient by actively employing more strategies to overcome challenging times (Southwick & Charney, 2018).

References

- Southwick, S. M., & Charney, D. S. (2018). *Resilience: The Science of Mastering Life's Greatest Challenges*. Cambridge, United Kingdom: Cambridge University Press.

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