

OPTIMISM (आशावाद)

- **Optimism** is an attitude reflecting a belief or hope that the outcome of some specific endeavor, or outcomes in general, will be positive, favorable, and desirable. (आशावाद एक दृष्टिकोण/अभिवृत्ति है जो इस विश्वास या आशा को दर्शाता है कि कुछ विशिष्ट प्रयासों के परिणाम, या सामान्य रूप से परिणाम सकारात्मक, अनुकूल और वांछनीय होंगे)
- Optimism and pessimism refer to the positive and negative predictions that people make regarding their future. Some people look usually on the bright side of events, while others look on the dark side.
- Optimism has been linked to psychological and physical well-being.

Signs of Optimism

- You feel that good things will happen in the future.
- You expect things to work out for the best.
- You feel like you will succeed in the face of life's challenges.
- You feel that the future looks bright.
- You think that even good things can come from adverse events.
- You see challenges or obstacles as opportunities to learn.
- You feel gratitude for the good things in your life.
- You are always looking for ways to make the most of opportunities.
- You have a positive attitude about yourself and others.
- You accept responsibility for mistakes but don't dwell on them.
- You don't let one bad experience muddy your expectations for the future.

Causes of Optimism

The exact causes of optimism are not fully understood, but several factors likely play a role. *Genetics, upbringing, culture, and other environmental influences* can influence optimism.

Researches suggest-

- Genetics account for around 25% of optimism.
- Age is an important determinant, with optimism increasing through young adulthood, leveling off between ages 55 and 70, and then declining in older adulthood.
- Optimism and pessimism are influenced by *neurophysiology*. ***Optimistic attitudes*** are associated with activity in the ***left-hemisphere*** of the brain while ***pessimistic characteristics*** are connected to activity in the ***right hemisphere***.

Explanatory Styles

Many factors influence optimism, but whether you tend to be more of an optimist or more of a pessimist can often be explained by how you explain the events of your life. Researches suggest-

- **Stable vs. Unstable:** Can time change things, or do things stay the same regardless of time?
- **Global vs. Local:** Is a situation a reflection of just one part of your life, or your life as a whole?
- **Internal vs. External:** Do you feel events are caused by you or by an outside force?

Optimist Explanatory Style

- Optimists explain *positive events* as having happened because of their own actions or characteristics (internal). They also see them as evidence that more positive things will happen in the future (stable) and in other areas of their lives (global).
- Conversely, they see *negative events* as not being their fault (external). They also see them as being flukes (isolated) that have nothing to do with other areas of their lives or future events (local).

Pessimist Explanatory Style

- Pessimists think in the opposite way. They believe that *negative events* are caused by their own mistakes or traits (internal). They believe that one mistake means more will come (stable), and mistakes in other areas of life are inevitable (global) because they are the cause.
- They see *positive events* as flukes (local) that are caused by things outside their control (external) and probably won't happen again (unstable).

Optimists

- Attribute positive events to internal causes
- Attribute negative events to external causes
- Believe that good things will happen in the future
- Tend to view bad things as mistakes or random flukes

Pessimists

- Attribute positive events to external causes
- Attribute negative events to internal causes
- Believe that bad things will happen in the future
- Tend to see good things as mistakes or flukes

How to Practice Optimism

- *Become more mindful:* Mindfulness is a focus on being engaged, attentive, and present in the here and now.
- *Practice gratitude:* Gratitude can be defined as an appreciation for what is important in life
- *Write down your positive emotions*
- *Cognitive Restructuring*
 - Identify the situations that are triggering negative thoughts or moods.
 - Assess how you are feeling in the moment.
 - Identify the negative thoughts that you are having in response to the situation.
 - Look at the evidence to either support or refute your negative thoughts.
 - Focus on the objective facts, and replace automatic negative thoughts with more positive, realistic ones.

Impact of Optimism

Better Health

Greater Achievement

Persistence (Optimists don't give-up)

Emotional Health

Less Stress

Increased Longevity