



Session 6

Expecting Good Things

Getting Started

Optimism is the ability to accurately describe when good and bad things happen. Additionally, a primary skill to be developed is recognizing how you **feel** when good things are happening to you (such as a compliment, the sun on your face, or the taste of healthy food).

Watch the video: *Understanding Optimism*

Practice writing out 3 Good Things from the last 24 hours. Make sure to be specific. For example, instead of just writing out "friends", a more specific version would be, "playing cards with my friends."

3 Good Things

1. _____
2. _____
3. _____

As you review Dr. Martin Seligman's Explanatory Style below, make note of one area that you do well with and one area that you may need to practice shifting.

EXPLANATORY STYLE	
How do we make sense of life when "good" or "bad" things happen?	
PESSIMISTIC THINKING STYLE	OPTIMISTIC THINKING STYLE
PERMANENT <i>THIS WILL LAST FOREVER</i>	TEMPORARY <i>THIS WILL PASS</i>
PERVASIVE <i>THIS IS GOING TO UNDERMINE EVERYTHING</i>	LOCAL <i>RELATES TO JUST ONE SITUATION</i>
PERSONAL <i>IT'S ME, IT'S ALL MY FAULT</i>	PERSONAL <i>THIS IS NOT ENTIRELY MY FAULT</i>
UNCONTROLLABLE <i>THERE'S NOTHING I CAN DO ABOUT IT</i>	CONTROLLABLE <i>THERE'S SOMETHING I CAN DO ABOUT IT</i>

Building Optimism for Yourself

One of the best ways to keep your optimism bolstered throughout the day is to have a set of cues or actions to regularly remind you of good things. Additionally, by writing down, there is value in making these things you know and understand more present in your life. After writing these out, make a plan to set up reminders or an accountability structure to ensure you stick with these.

Make of list of options that can give you a positive boost throughout your school day. Add what it is about each option that lifts you up.

1. _____
2. _____
3. _____
4. _____

Similarly, make a list of options that can give you a positive boost when not engaged in academics. Add what it is about each option that lifts you up.

1. _____
2. _____
3. _____
4. _____

Exploring *YOUR* Explanatory Style

Write an example of each type of pessimistic thought you've experienced. Next, write an optimistic thought that you could have replaced it with.

PESSIMISTIC THINKING STYLE	OPTIMISTIC THINKING STYLE
• PERMANENT	• TEMPORARY
• PERVASIVE	• LOCAL
• PERSONAL	• PERSONAL
• UNCONTROLLABLE	• CONTROLLABLE

Deeper Dive

"Learned Optimism" by Martin E. P. Seligman





Appendix

Resilience Resource List

Resilience Resource List Video Recommendations

Resilience: The Biology of Stress and the Science of Hope (ACE's study)

<https://kpjrfilms.co/resilience/>

A Better 30-Second Break

https://www.youtube.com/watch?v=gmW_3-Kd7yU&t=38s

The Myth of Multitasking

<https://www.youtube.com/watch?v=yr8W8ejX6To>

Positivity Opens Our Minds

<https://www.youtube.com/watch?v=Z7dFDHzV36g>

Vulnerability

<https://www.youtube.com/watch?v=iCvmsMzlF7o&t=11s>

The Polyvagal Theory: The New Science of Safety and Trauma

<https://www.youtube.com/watch?v=br8-qebjls&t=1s>

Dr. Dan Siegel's Hand Model of the Brain

<https://www.youtube.com/watch?v=f-m2YcdMdFw&t=321s>

Book Recommendations

1. *Why Zebras Don't Get Ulcers* by Dr. Robert M. Sapolsky
2. *The Headspace Guide to Meditation & Mindfulness* by Andy Puddicombe
3. *Finding Flow* by Mihaly Csikszentmihalyi
4. *Thinking, Fast and Slow* by Daniel Kahneman
5. *Learned Optimism: How to Change Your Mind and Your Life* by Martin P. Seligman
6. *The Creative Act: A Way of Being* by Rick Rubin

App Recommendations

Stop, Think, Breathe



Calm



Whoop



Headspace

