



Session 5

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 how we feel when good things are happening to us (such as a compliment, the sun on our 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 specifics. For example, instead of just writing out "family", a more specific version would be, "playing Go Fish with my kids."

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

PERMANENT
THIS WILL LAST FOREVER

PERVASIVE
THIS IS GOING TO UNDERMINE EVERYTHING

PERSONAL
IT'S ME, IT'S ALL MY FAULT

UNCONTROLLABLE
THERE'S NOTHING I CAN DO ABOUT IT

OPTIMISTIC THINKING STYLE

TEMPORARY
THIS WILL PASS

LOCAL
RELATES TO JUST ONE SITUATION

NOT PERSONAL
THIS IS NOT ENTIRELY MY FAULT

CONTROLLABLE
THERE'S SOMETHING I CAN DO ABOUT IT

Building Optimism for Yourself

One of the best ways to keep our optimism bolstered throughout our work day is to have a set of cues or actions to regularly remind us of good things. Additionally, there is value in making these things we know and understand more present in our lives by writing them down. After writing these out, make a plan on how you can 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 work day. Add what about each options lifts you up.

- | | |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |

Similarly, make a list of options that can give you a positive boost while not at work. Add what about each options lifts you up.

- | | |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |

Building Optimism with Your Patients

Starting an interaction with a patient on a positive note has numerous benefits including increasing their ability to be present, increasing their understanding of the conversation, and reducing potential conflict that may arise due to fear or tension surrounding their treatment. As we have noted, while this might not always be easily accomplished, it's always worth trying. Make a list of actions you can take or scripting you can use to start each patient interaction in a positive way::

- | | |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |

Ending the visit on a positive note can equally have positive benefits. Make a list of ways that you can end the patient interaction focused on something positive:

- | | |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |





Appendix

Resilience Resource List

Resilience Resource List Video Recommendations

1. Resilience: The Biology of Stress and the Science of Hope (ACE's study)
<https://kpjrfilms.co/resilience/>
2. A Better 30 Second Break
https://www.youtube.com/watch?v=gmW_3-Kd7yU&t=38s
3. The Myth of Multitasking
<https://www.youtube.com/watch?v=yr8W8ejX6To>
4. Positivity Opens Our Minds
<https://www.youtube.com/watch?v=Z7dFDHzV36g>
5. Vulnerability
<https://www.youtube.com/watch?v=iCvmsMzIF7o&t=11s>

Book Recommendations

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

App Recommendations



Stop, Think, Breathe



Calm



InnerBalance by HeartMath



HEADSPACE

Headspace



Noticing Your Physical Self

Our bodies and internal physical world hold a wealth of untapped information. This is one of the most important takeaways from this course. It's also often the most uncomfortable for many. Developing the ability to scan our body and internal experience is essential for deepening your resiliency.

1. Finding a quite, safe space.
2. Look around for 30-60 beginning to just be present. Paying attention to details but not getting fixated on any one thing too long
3. Start to pay attention what you notice in your body.

TIP: Think in opposites, help understand and this then helps change things.

List of sensations

Warm vs. Cool

Tight vs. Loose

Dull vs. Sharp

Dry vs. Moist

Full vs. Empty

Heavy vs. Light

Shaky vs. Still

Strong vs. Weak

Here's some other options

Achy
Blocked
Bloated
Clammy
Congested
Cozy
Crampy
Energized
Fluid

Hard
Jittery
Open
Pressure
Quiet
Smooth
Throbbing
Twitchy
Wobbly



Noticing Your Emotional Self

First, let's get rid of the assumption that we are only feeling one emotion at a time. It's important to sit with ourselves to better uncover the variety, sometimes conflicting, emotions we can be experiencing in any given moment. By starting the day reviewing our emotions, we can better understand what our needs and capacity for that day might be.

This is best done in combination after reviewing sensations but at least taking the same starting steps. In the first few days of this, you may want to make a separate time for this.

1. Finding a quite, safe space.
2. Look around for 30-60 beginning to just be present. Paying attention to details but not getting fixated on any one thing too long
3. Start to pay attention to what emotions you notice in your body.

Here's a list of emotions

Content	Thankful	Afraid	Angry	Ashamed
Encouraged	Caring	Defeated	Anxious	Defensive
Excited	Connected	Disappointed	Bored	Frustrated
Hopeful	Grounded	Exhausted	Confused	Impatient
Proud	Kind	Lonely	Guarded	Judgmental
Relieved	Loving	Overwhelmed	Uneasy	Pessimistic
Calm	Relaxed	Tired	Suspicious	Resentful

