HUNT THE GOOD STUFF:
MORE ON OPTIMISM

Optimism is considered the engine of resilience. Optimism is a thinking style, not a personality type (meaning it's a choice we make). Optimism is grounded in reality. Optimism is not pretending that all is perfect when it isn't.

Optimistic Thinkers…	Optimistic Thinkers are more likely to...
Take care of themselves	Be <u>happier</u> and have less depression
Learn from failure and find meaning in setback	Be <u>healthier</u> and live longer
Try new strategies when old ones aren't working	Have <u>stronger relationships</u>
Can identify more accurately how much control they have	<u>Perform better</u> under pressure
Focus on solutions when change is possible	Be <u>more successful</u> in school and work

Optimistic thinking is difficult because of the
NEGATIVITY BIAS.
The negativity bias is the tendency to pay more attention to bad events than good events. Try this: Think about the last couple days. Most often, the negative moments come to mind faster and more clearly than the positive events. While this isn't always a bad thing, the negativity bias has the potential to filter how we think and feel.

HUNT THE GOOD STUFF

Instructions: Record three good things each day. Below each positive event that you list, write a reflection (at least one sentence) about:
- Why this good thing happened
- What this good thing means to you
- How this good thing makes you feel

Date:

Good Thing:

Reflection:

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Ready and Resilient

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