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# Eight tips on how to learn optimism!

With so many things happening to us each and every day, it can sometimes be difficult to remain optimistic. Use these tips to bring more positive thoughts into your life. Take your time and don't get stressed: good things need time!

## 1. Believe in yourself

Many people tend to focus on what they are not so good at or what others can do better. Just remember that no one's perfect, and that's fine. Concentrate on what you can do well. Those who only ever get frustrated by what they can't do, are jealous of others or don't believe in themselves are wasting their energy and giving pessimistic thoughts too much space.

## 2. Surround yourself with optimistic people

The mood of our surroundings has an important influence on us. If you spend a lot of time with resolute pessimists you'll find it more difficult to learn optimism and develop a positive attitude. For this reason, try to socialise with people who go through life with a positive attitude.

### 3. Be happy about the little things

Sometimes it seems as if everything is bad and nothing is going well. This means it's all the more important to purposefully enjoy the little things every now and again and not let them get lost in the hustle and bustle of everyday life. How lovely, the sun's shining! The traffic jam was shorter today than it usually is – great! The rounds went smoothly today. Initially that sounds a bit ridiculous, but our brain gradually learns to more consciously take notice of the positive side of life. A little help: in the morning, put three chickpeas in your left trouser pocket. For every good moment in the day, put one in the other pocket, and at the end of the day think once again about the situations.

### 4. Talk about positive experiences

Many people tend to mainly talk about the negative experiences that happen in their day-to-day lives. For example we were criticised by a colleague, a project didn't go as planned or work took longer again. Of course, it's important to let off steam every now and again. However, positive experiences should also be given space. If you talk about the small moments of happiness during the day, this gives you positive energy and pessimism seems less important.

### 5. Start the day with a smile

To make it easier for your brain to learn optimism, you can trick it a little. Endorphins are released when we smile, and the brain gets the message that we're happy. So begin your day with a smile: when you look in the mirror, when you make coffee, when you're driving ... smiling for a minute in the morning can help you start the day with positive thoughts.

## 6. Use positive language

When devising your targets for the day, avoid the word 'not'. The reason is that sometimes our brain deletes this little word, and what happens as a result? If you set yourself the goal of 'not getting upset today', only the negative word 'upset' stays in your mind, which evokes negative sentiments. It's better to formulate things posi-tively: 'I'm going to stay calm today!'

## 7. Focus less on the worst case scenario

Many fears and worries only exist in our minds and later turn out to be needless. Ask yourself where they might have come from. Have you ever had any similar negative experiences, or have others had such experiences? How realistic is it that the worst case scenario happens? Give room to optimistic thoughts as well and consider how the situation could change for the better. In most cases, reality dwells somewhere between the optimistic and pessimistic extremes. Try not to just as-sume the worst, but give positive perspectives a chance as well.

## 8. Don't be too hard on yourself

Optimism can't be learnt in a day! Don't get annoyed by this – that would be counterproductive. Keep at it, and it's okay if it doesn't work out every now and again. Also, not everything can and should be seen through rose-tinted glasses – a certain amount of scepticism is not amiss in the future. Being an optimist doesn't mean seeing everything only in a positive light, without reflection.