

# World Mental Health Day 2022

## Optimism



During prolonged periods of uncertainty or crisis, maintaining optimism can seem out of reach. But to persevere through turbulent seasons, companies need people who believe that the world will change for the better.

This mindset can be cultivated or trained, and it can become an important advantage when facing hardships. Wise (or realistic) optimism is especially helpful for dealing with setbacks and emerging stronger. It encourages us to acknowledge the current situation as difficult and then to find the confidence to move forward.

With wise, as opposed to blind (or naïve), optimism, we do not miss the negatives but instead disengage from problems that appear unsolvable and attend to those that we can solve. We see the glass half-empty and also half-full. This broadens our perspective and makes it possible to create strategies for the present moment as well as the long-term situation.



**77%** lower risk

of depressive symptoms.

[\(Journal of Affective Disorders\)](#)



**5x** lower risk

of burning out at work than pessimists.

[\(Institute for Applied Positive Research\)](#)



**50% - 70%**

greater chance of living to 85 years old.

[\(PNAS\)](#)

## TIPS

1

Begin with an accurate appraisal of your current situation – as hard as that may be. If you feel an uncomfortable emotion, take 3 deep breaths to ground yourself. This activates the parasympathetic nervous system and helps bring your higher-level thinking back online so you can discern the most important action to take.

2

Pause frequently to reflect on the positive aspects of your life: relationships, health, freedom, education, senses, natural surroundings, career, community. Consider how your life would be different without each.

3

Let go of expectations about how things should go or should be. This means embracing setbacks as part of the process. This way you can avoid falling into apathy and disillusionment if things don't improve as quickly as you wish.