



# 6 KEYS TO THE GIFT OF OPTIMISM

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## ASK YOURSELF AND OTHERS "WHAT MAKES YOU OPTIMISTIC"?

Our thoughts create our feelings and attitude, which results in our actions. Eliminating limiting beliefs can increase optimism, along with reframing our inner dialogue. Remind yourself of the times you have been optimistic and conquered challenges.



## REMEMBER TO SMILE

Make eye contact and smile, even to strangers – it's more than likely they will smile back. Smiling activates the release of endorphins, dopamine and helping your body relax, and can lower bloodpressure and heart rate.

## GREET WITH INTENTION

Instead of using the everyday, mundane 'How are you going?', ask 'What is the best thing that has happened to you today?' Share something interesting when you start a conversation: it could be a compliment, a good-news story, or a question filled with curiosity.

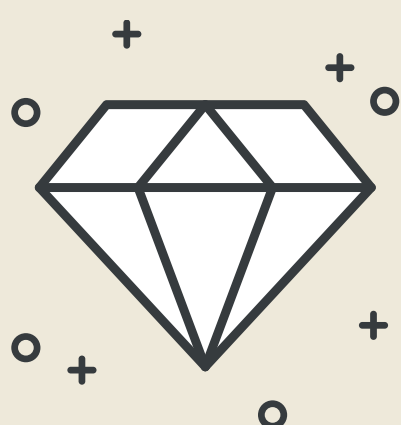


## GET LAUGHING

Laughter can bring people together and establish amazing connections. It is known that when we laugh it can boost heart rate and mood, as well as the production of certain antibodies, strengthening our immune system.

## SURROUND YOURSELF WITH OPTIMISTS

There is a saying that goes, 'We are the sum of the people we spend the most time with'. We need to be aware of whom we interact with and limit exposure to pessimistic people and situations. Ensure you spend time with people who light you up.



## BE GRATEFUL

Fostering an attitude of gratitude can maximise optimism in multiple ways. It helps us reframe memories of unpleasant events in a way that decreases their negative emotional impact. Being grateful helps us focus on the things we do have and the possibility those things bring.

