

Optimism

January 2025 Newsletter

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Happy 2025

Starting the new year optimistically gives us energy and motivation to make changes and set new patterns in motion.

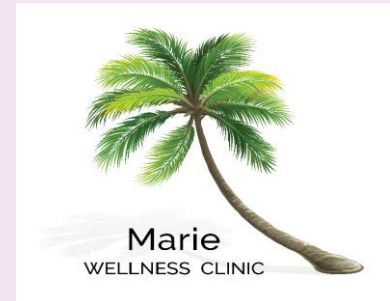
When we are filled with hope and optimism about the future, we are more able to face challenges and endure difficulties in our daily lives. Research carried out by (Carver et al 2020) suggests that what is expected to happen in the future

who were more optimistic displayed fewer signs of anxiety and depression.

So, when you feel your optimism is waning here are some useful ideas to help:

Spending time with positive people can help you feel that way too. Set realistic goals and take action.

Stay hopeful and focus on



The theme this month is all about optimism.

Optimism is a source of inspiration, vitality and courage and research suggests it has beneficial effects on our health and wellbeing. Having an expectation that things will turn out well often generates ideas that help that outcome to occur. So, although optimism is no silver bullet it can inspire us to respond to life's challenges positively and help bring about the desired results.

"Life inflicts the same tragedies on the optimistic as on the pessimistic, but the optimistic weathers them better." Dr. Martin Seligman



can affect how people experience situations in their daily lives, with their health and how they deal with emotion and stress. In physical health too optimism seems to promote longevity, better respiratory health and reduced risk of cardiovascular disease.

Unsurprisingly a correlation has been found between optimism and mental health, where people

positive activities and on your strengths.

Reframe negative thinking with seeing what is scary in a positive way. Look at how you could make it less scary or better.

"Sometimes when things are falling apart, they may actually be falling into place."

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