

Ten Tips for Optimistic Living

www.OptimisticallyYou.com



Little lifts for your days that change your ways

No one has a life without adversity and everyone has to learn ways to overcome the reactions and responses of what offers challenge. These little lifts are meant to remind and offer a chance to consider alternatives and opportunities to apply, practice and develop a new or different perspective to enable simple steps to a more optimistic outlook. Apply a new idea everyday.

1. Practice Meditation

Meditate daily. Meditation has proven benefits to quiet our mind, calm the nervous system and open the mind to possibilities. There are many types of meditations and meditation apps. The best way is to either experiment on your own or attend a class or a meet-up meditation group.

2. Periodic Deep Breathing

Deep breathing periodically throughout the day. Different types of breathing patterns impact the body and mind. There are energizing, calming, centering and many other breaths. Reading, practice and exploring various websites and online resources can be a great aid.

3. Movement is Life

Movement is life. Just like we brush our teeth for good dental hygiene, we need to move about to release tension and keep our joints lubricated and limber. Yogis says "limber spine, limber mind." Find an exercise that you like to do and do it daily. This could be simply walking or Tai Chi, Qi Gong, Yoga, Feldenkrais, Alexander Technique.

4. Have a Curious and Open Mindset

Be curious and adopt an open mindset. Life delivers surprises and challenges. Keeping an open mind helps to generate options and solutions. News, publications and online resources can be a simple Way to inspire regular practice. Barbara Fredrickson's book on Positivity is a good start for learning about positive practices.

Optimistically You

Creating Optimism
with Laughter Yoga
www.Optimisticallyyou.com
Northbrook, IL
(847) 571-7553

Certified Laughter Yoga
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5. Take a Pause

Take a pause. When the going gets rough, take a pause and breathe. This helps the nervous system to settle down so we are less reactive and can intelligently chart our next action rather than use a knee-jerk reaction.

6. Go Outside or View Nature

Nature immersion has proven benefits to uplift mood, relieve stress and give hope. Observing plants and animals in their natural habit is restorative emotionally, physically and spiritually. Just being able to view nature from a window can have a restorative effect.

See Forest Therapy websites to learn more.

7. Practice Laughter

Laugh daily. Even if it's for just a minute daily (increasing the number of minutes for accrual of benefits), the benefits of laughter will reinforce themselves. Scientifically proven to change our body chemistry to "happy", laughter releases tension and opens our minds to possibilities.

8. Create a Journaling Practice

Journaling daily. Leaning into and letting feelings, emotions and thoughts flow through pen to paper releases us into possibilities that create optimism. Automatic writing is also useful to clear blockages allowing our natural curiosity to flow.

9. Develop Gratitude and/or accomplishment Journals

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10. Engage with Others

Whether it be at the grocery store, volunteer opportunity, saying "hello" to a neighbor jogging by, engaging with others can remind us all that we are part of something much bigger in the Web of life. It engages healthy social practices, encourages confidence and reminds us to take a risk and be rewarded in the realization that when you reach out, people are pretty receptive.

Resources To Boost Your Optimism with Daily Practices

Breath and Techniques

Stress and Breathing Techniques

<https://www.webmd.com/balance/stress-management/stress-relief-breathing-techniques>

Mind, Body and Spirit Wellness

<https://www.drweil.com> › Health & Wellness › Body, Mind & Spirit › Stress & Anxiety

Laughter and Play

Advanced Laughter Practices and Playing with Life's Design

www.theamusedmuse.com

Laughter Yoga

www.laughteryoga.org,

Laughter Wellness

www.laughteronlineuniversity.com

Positive Psychology

Barbara Fredrickson

<https://www.authentic happiness.sas.upenn.edu/faculty-profile/barbara-l-fredrickson-phd>

Martin Seligman

<https://www.authentic happiness.sas.upenn.edu/faculty-profile/profile-dr-martin-seligman>

Sonja Lyubomirsky

<http://sonjalyubomirsky.com/>

Mihaly Csikszentmihalyi

<https://www.authentic happiness.sas.upenn.edu/faculty-profile/mihaly-csikszentmihalyi-phd>

Tal Ben Shahar

<https://wholebeinginstitute.com/tal-ben-shahar/>

Ed Diener

<http://www.happinessandwellbeing.org/ed-diener>

Adam Grant

<https://www.adamgrant.net/bio>

Forest Therapy/Shinrin Yoku

<https://forestimmersion.com/about-kathleen-giese-skoller/>

Tai Chi

<https://taichihealth.com/>

<https://www.livingtao.org/living-tao-foundation/about-chungliang-al-huang/>

Qi Gong

<https://www.youtube.com/watch?v=KVXGsSzK4zA> (Steven Spiro)

Feldenkrais

<https://feldenkrais.com/about-the-feldenkrais-method/>

Alexander Technique

<https://www.alexandertechnique.com/>

Labyrinth

<https://labyrinthociety.org/>