

Gratitude Journal

Record three things that went well each day. Next to each positive event briefly savor the event and write a short reflection (at least one sentence) about one or more of the following topics:

- Why are you grateful for this event?
- Who can you share this good event with?
- How can you create more positive events like this in the future?

Grateful thing 1:
Reflection:
Grateful thing 2:
Reflection:
Grateful thing 3:
Reflection:

Anagram: Cinerama—



Resident Performance
&
Resilience Training
Positive Emotions

Anagram: Reset—

What are 3 words that come to mind when you hear the word "optimism"?

What is Optimism

Optimism is when an individual acts in ways they believe to make their desired outcomes more likely to occur. Optimism gives individuals more confidence and helps sustain goal directed behaviors. Optimism is not simply just hoping for the best..

Benefits of Optimism

The ways in which optimists and pessimists see the world impacts the health and wellness. These individuals differ in how they handle problems, cope with stress, and interact with others. Other benefits include:

- Healthier:
 - Exercise more,
 - Have less body fat.
 - Eat healthier
 - Recover better from cardiac event
 - Experience less pain
 - Get sick less
- Cope with Stress better
 - Live longer
 - More likely to finish college
 - Earn more money
 - Better relationships
 - Experience Less alcoholism
 - Work Harder

What areas of your life are you most pessimistic?

Anagram: Pears—

Dispositional Optimism: the general expectation that positive events and outcomes will happen often in the future and bad things will be rare.
Explanatory Style: how one explains the causes of bad events. Those who feel bad events are caused unstable, specific and external forces, are described as **optimistic**, whereas those who look at stable, global and internal causes are described as **pessimistic**. Explanatory style most relevant in relations to setbacks or failures.

Stable ("It always happens") versus Unstable ("This is a one-time event")

Global ("I can't do anything about this.") versus Specific ("This happened for a specific reason that is modifiable")

Internal ("It's all my fault") versus External ("Things didn't turnout well because the circumstances that were not fully under my control)

Gratitude Letter

Write down 3 people you are grateful for and the reason why. Then write each person an email or letter expressing your gratitude. In the third column give your self a deadline of when you will send it by.

Person	Why:	When will you send it?

Anagram: Lemon—