

Optimism essay



**ASSIGN
BUSTER**

“ Man often becomes what he believes himself to be. If I keep on saying to myself that I cannot do a certain thing, it is possible that I may end by really becoming incapable of doing it. On the contrary, if I have to believe that I can do it, I shall surely acquire the capacity to do it even if I may not have it at the beginning”

Mahatma Gandhi.

What does this statement mean? It actually means that you are what you believe you are. This statement can be applied to optimism that thinking more positive can lead you to be happier and healthier. But what is optimism? And is that true that optimism can make you feel happy and healthy? Well, optimism or positive thinking is the word means ‘ best’ which comes from Latin word ‘ optimus’. Optimism also describes how optimists are always looking for the best in every situation and hoping and expecting and seeing that things will turn out well in the future. Even if some bad situation occurs, they will look at that situation as the experience. The experience which helps them not to do the same mistake over again. And yes! It is true that optimism can make you feel happier and healthier. There is the study of Martin Seligma supporting the idea that optimists are happier and healthier by showing that they tend to take care of their health, to build better social network and to face the difficulty without any worries. I have said so much about the definition and some research, so now let’s take a look at the benefits of it.

There are so many advantages of being optimist and the majority advantage is about health. How can optimism make your health healthier? I have an

answer for you! According to the study of Seligma, it showed that 99 Harvard University Students who were optimist at age 25 were significantly healthier at age of 45 to 60 than those who were pessimists once. The second advantage is the persistence- the persistence of your life. Because optimists do not give up easily on tough situation like pessimists do, so they tend to turn the failure to opportunity to achieve their goals. Once they know that they do something wrong, they will learn from that and they will not let that happen again. The last one is less stress. As you may know that stress can affect your daily lifestyle, your health, your disposition, and your efficiency. On the other word, stress is bad for yourself. Well being optimist may help you get through all that stuffs because optimists believe in themselves and their abilities, they expect good things to happen. They see negative events as minor setbacks which is easily to overcome. They see positive events as evidence of further good things to come. It is shown that optimists are more proactive with stress management and work harder at it, so that is why they are less stress than pessimists. Now you all know about the benefits of optimism, so let's move on to some famous optimist - Dalai Lama to give you some guideline about being optimist person.

Dalai Lama is the spiritual leader of the Tibetan people who believes that mental, physical, and spiritual health are connected to optimistic attitude. How? He has said that when some disastrous situation happens, the most important thing is how you look at that problem. Negative? Or positive? If you look at it as negative, then when the negative emotions are fully developed, you will become their slave, and you will have bad attitude toward every situation. If you look at it as positive, it means that there is still

hope in that disastrous situation. If you look at it as positive, then you will cheer yourself up not to give up, not to fear, to move on, to fight, to feel good. Thus there is still hope in every situation only if you look at it as the positive or as experience or as lesson to guide you to a better future. From Dalai Lama's teaching, he actually indicates clearly that if you have positive mind or thinking, your life will be easier to move on. Now I am going to tell you some ideas of how to be optimist yourself.

Being optimist is not hard to do at all. Also the result of it is the treasure in your life. The very first thing you have to know about being optimist is that being optimist does not mean ignoring the problem, but it means hoping that things will change to be a better one in the future. So here are some ideas for you to follow.

First idea is to find opportunity in every difficulty. What does it mean? It means that what you are dealing with might be difficult, but it is important to remain hopeful and positive about a brighter in that difficulty.

Second idea is to surround yourself with positive people because the circumstances matter! If you're surrounded by negative people, there is a highly chance of you to be negative people. So being surrounded by positive people is much more make sense to increase your chance of being positive.

Third idea is to inspire yourself with smile and positive reminders. If expect worst, the worst will happen. But if you smile, you will feel so much better. So what you have to do is just put smile on your face more often and that will make you happy! Also you may need to remind yourself that you are

positive by noting some quote that cheer you up like “ anything is possible” or “ I always have a choice”. It really helps!

The last one is to focus on the present and reject the past. You have to learn to face and to live with the present moment. The present moment that you are in right now. The moment present that is guaranteed you.

And that is all I have to talk about the being optimist. Being optimist is giving you a huge amount of advantage in terms of being happier, being healthier, having less stress or reducing the tendency of getting some dangerous disease. Furthermore, being optimist is not that hard to do. You do not have to force yourself to do it all, just try to do it as best as you can, and you will see the result of it. So I hope you all might be thinking about being optimist in order to have better life, better attitude toward everything by taking those ideas that I told you about.

Thank you.

Nonie