



Boosting Your Optimism and Resilience

Adapted from Positive Psychology's Explanatory Styles: How to Boost Optimism and Develop a Balanced Mindset

Martin Seligman described **explanatory style** as *“the manner in which you habitually explain to yourself why events happen”*. In other words, it's the little stories we tell ourselves to make sense of our life. Your explanatory style is how you interpret and explain bad events to yourself. Pessimists and optimists have different explanatory styles which are distinguished by the “3Ps”.

Personalization: Events are internally or externally caused.

Say you lose a tennis match. A pessimistic player will interpret the cause as personal ('I failed'). An optimist who allows for non-personal factors ('grass just isn't my surface').

Permanence: Events are perceived as permanent or temporary.

Pessimists interpret setbacks as permanent ('I'll never succeed at this level'). An optimist sees the setback as only temporary ('I didn't prepare well this time/I had a cold').

Pervasiveness: Events are perceived as global or specific.

Pessimists see setbacks as all pervasive ('nothing works out for me'). An optimist sees the setback as narrowly contained or confined to one area of life ('I still have a life outside of playing tennis').

	Good Situation	Bad Situation
Optimist	Permanent Pervasive Personal (internal)	Temporary Specific External cause
Pessimist	Temporary Specific External cause	Permanent Pervasive Personal (internal)

Use the 3Ps to determine your explanatory style by figuring out how you explain 'good' or 'bad' events.

When faced with loss or disappointment, ask yourself these three questions:

- “Am I *really* to blame, or was it just bad luck, the situation, or other people?”
- “How long will it last; i.e., will it always be like this or will it pass?”
- “What does this really affect in my life and what will remain unaffected?”

Now, think about how you explained the negative event to yourself:

Personal- Did you blame yourself at the time – if so, in hindsight did that prove accurate?

Permanent- Did you assume it would last forever – if so, were those predictions accurate or did it pass?

Pervasive- Did you assume it would ruin everything in your life – if so, in hindsight was that accurate or did much of your life continued unaffected?

**If you have been thinking like a pessimist,
practice thinking like an optimist to increase your resilience!**

If you want to learn more about positive psychology, visit
<https://positivepsychologyprogram.com/explanatory-styles-optimism/>
or schedule an appointment with our behavioral psychologist, Dr. Davidson.

CALENDAR OF EVENTS

Bariatric Forum: Patient Open Mic Night

Wednesday, May 17 from 6-7pm
Brigham and Women's Faulkner Hospital
Tynan 2 Conference Room, 4th Floor

Walk from Obesity

Saturday, June 3, Registration 8am/Walk 9am
Faulkner Hospital: 1153 Centre Street, Boston, MA
www.WalkfromObesity.com to register

Bariatric Forum: Physiological Changes After Surgery

Tuesday, June 20 from 6-7pm
Brigham and Women's Hospital
Carrie Hall Conference Room, 2nd Floor

Bariatric Forum: Plastic Surgery

Wednesday, July 19 from 6-7pm
Brigham and Women's Faulkner Hospital
Tynan 2 Conference Room, 4th Floor

Bariatric Forum: Supermarket Savvy

Tuesday, August 15 from 6-7pm
Stop & Shop (near Brigham and Women's Hospital)
1620 Tremont Street
Boston, MA 02120

Featured Product of the Month: *52 Lists for Happiness*

Weekly Journaling Inspiration for Positivity, Balance, and Joy By Moorea Seal



This weekly journal will encourage you to reflect, acknowledge, and invest in yourself. The journal includes peaceful photography, inspiring quotes, and thought-provoking prompts to encourage happiness.

\$11.52 on Amazon.com

Recipe of the Month

Cilantro Lime Roasted Salmon

Foods high in omega-3 fatty acids help balance symptoms of depression and cognitive and emotional disorders. Two to three servings per week of fatty fish like salmon, mackerel, herring, or sardines can provide the brain with the healthy fats needed for cognitive and emotional health. Try this recipe to hit one of those servings!

Makes 8 servings
Serving size: 4 oz fillet

Ingredients:

- 2 pounds salmon fillet
- 1 lime, zested and juiced
- 1 lime, thinly sliced
- 1 clove garlic
- 2 tablespoons olive oil
- 2 tablespoons flat leaf parsley or cilantro, coarsely chopped
- 1/2 jalapeño, seeded and coarsely chopped
- 1 teaspoons salt (or to taste)
- 1/2 teaspoon pepper



Directions:

1. Preheat oven to 425 degrees.
2. Rinse salmon fillet. Pat dry.
3. Place skin side down on foil lined baking sheet.
4. Combine lime, garlic, olive oil, cilantro, and jalapeno in blender or food processor. Pulse until well blended.
5. Spread evenly over salmon fillet.
6. Place sliced lime on top of salmon.
7. Bake salmon for 4-6 minutes per inch (usually 12 minutes or so) or until an internal temperature of 145 degrees.

Nutrition Facts (per 4 oz serving): 135 calories, 5g total fat (1g saturated fat), 3g carbohydrates, 21g protein, 290mg sodium



WE'RE ON FACEBOOK!

Let us know if you would like to join our group.