



Reasoned Optimism

Reframe setbacks and build resilient thinking.

The Science and Theory



What do you do when things don't go as planned? How you explain your setbacks has a direct effect on your well-being. The ability to reason optimistically promotes healthy coping, enhances resilience, and can protect you against depression. This module, grounded in explanatory styles research, helps you develop the ability to limit the effects of negative emotions while also promoting thoughts that strengthen resilience.

The Practice



In this session, you will learn:

- The mental processes that lead to well-being, or ill-being
- How our explanations for setbacks affect our optimism and pessimism
- Ways to counter harmful thoughts using reasoned optimism

The Module



This 2-hour course introduces you to the fundamentals of learned optimism.

- Part 1: Explanatory styles
- Part 2: Optimism self-assessment
- Part 3: Learned optimism

Complementary Modules



This 2-hour module pairs well with:

- Module 6: Thinking Skills for Resilience
- Module 8: Journalling for Emotion Management

Our Approach



Our Emotivity micro-skills courses follow our **ARC (Acquire-Refine-Cultivate)** model. We believe that learning works best through not just the acquisition of new information, but when learners have opportunities to refine, adjust, and then cultivate their newly-acquired skill. Our ARC approach follows principles from educational and positive psychology to deliver a learning experience that is evidence-based, relevant, and ultimately, practical. Our modules can be offered in-person or remotely.

Contact Us



For more information on this course, or to engage one of our trainers for your session, email teeyj@help.edu.my

Web and Resource Article



- www.emotivity.my
- <https://emotivity.my/what-we-learnt-about-our-emotions-and-ourselves-during-the-pandemic>

References



- Malouff, J. M., & Schutte, N. S. (2017). Can psychological interventions increase optimism? A meta-analysis. *The Journal of Positive Psychology, 12*(6), 594-604.
- Nes, L. S., & Segerstrom, S. C. (2006). Dispositional optimism and coping: A meta-analytic review. *Personality and Social Psychology Review, 10*(3), 235-251.
- Schueller, S. M., & Seligman, M. E. (2008). Optimism and pessimism. In *Risk factors in depression* (pp. 171-194). Elsevier.