



TBH “SILVER LININGS” WORKSHEET

THE SCIENCE

Research shows that seeing things in a more positive light is a powerful tool we can use to improve our emotional health and build personal resilience and well-being. The field of positive psychology focuses on ways we can cultivate feelings that help us thrive, like happiness, satisfaction and contentment.

One of the lessons of positive psychology is that our attitude matters. If I see a situation in a negative light, I am more likely to feel angry, sad or removed. However, if I intentionally take a more positive perspective to the same situation, I’m more likely to feel happier and be satisfied with the outcome. Experts have found that our thoughts can determine our everyday moods. Many of us assume it is the other way around! But experts teach us that consciously deciding how we will feel can dictate how we *do* feel. And that is really key, since feeling happier can be a key to feeling motivated to do things that are good for us like exercise and stay intellectually engaged, to socialize, and many other things.

NOW DO IT!

We are going to practice reframing how we see a situation to build our positivity “muscles.” Work with your team or on your own to find a “silver lining” for the potentially disappointing or upsetting scenario shared in class or below. Keep in mind that our purpose here is to shift our attitude to the situation, and not suggest a change to the situation itself.

“SILVER LININGS” PROMPTS

- The restaurant runs out of the dish you ordered.
- A favorite sweater shrinks in the laundry.
- You drop and break a treasured serving bowl that had belonged to your grandmother.
- A pipe bursts in the apartment upstairs, causing water damage in your kitchen.
- An illness outbreak forces everyone to isolate for several months.
- Your favorite fitness instructor leaves for a new position.

TBH TAKEAWAY

How we see the world matters. Experts have found that we can consciously encourage ourselves to see things more positively, and in doing so can in fact improve our sense of happiness and contentment. One way to start practicing more positivity is to seek the “silver linings” in everyday disappointments.

Join our next Total Brain Health class and learn more about the many ways we can build better brain fitness, together!