



Take Control Of Your Life with Hypnosis:

Eliminate negative habits, Create healthy changes, Achieve optimal well-being.

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OPTIMIZE YOUR OPTIMISM

Allow a number to come into your conscious mind that represents your optimism level on a scale from 1 (pessimistic) to 10 (optimistic). Then, enter your self-hypnotic state, or breathe deeply three times through your nose, close your eyes as you exhale the third breath, and ease into a comfortably deep state. Imagining yourself slowly and rhythmically moving downward or upward (stairs, escalator, elevator, etc.) can help you reach deeper levels of relaxation. When there, ask again where your optimism level is on the 1 - 10 scale. If the numbers differ, the second one should be the most accurate, since it came from the deeper levels of your mind. You might encourage a partner, friend, relative or work associate to do the optimism exercise too. Why? The song "Ac-Cent-Tchu-Ate-The-Positive", written in 1944, explains that emphasizing the positive is a key to happiness. Numerous research studies suggest that positive thinking and optimism have many proven benefits, including: managing stress, improving performance and productivity, and enhancing overall health and longevity. [1]

Researchers in The Positive Psychology Center at The University of Pennsylvania, founded by Martin E. P. Seligman, have studied optimists and pessimists for many years.[2] A study with 99 Harvard University students found that people who were identified as optimistic at age 25, were significantly healthier at 45 and 60 than those who were pessimistic. A study of 34 Hall of Fame baseball players, who played between 1900 and 1950, indicated the optimists in the group lived significantly longer. Other studies have shown that optimists don't give up as easily as pessimists and are more likely to achieve success because of it. A pessimistic outlook has been linked with higher rates of infectious disease, poor health and earlier mortality. A team of Yale University researchers, led by Dr. Becca Lay, reported findings in *The Journal of Personality and Social Research* confirming that people who were positive about aging lived an average of 7.5 years longer than those who regretted the passing of years.[3] It's certainly clear that being optimistic can add "years to your life and life to your years." (Abraham Lincoln).

In addition to adding to the quality and quantity of one's life, optimism can also be conveyed to children. As adults, we can help children (and grandchildren) become more optimistic. A

compelling article titled: The Optimistic Child: Raise Your Children to Be Optimists, by Elizabeth Scott, M.S. can be found at About.com Guide/The Optimistic Child.[4]

Exercise provides a proven way to elevate your mood and emotions. When you exercise, either intensely for shorter periods of time or more moderately for longer durations, your brain releases extra endorphins, adrenaline, dopamine and serotonin, chemicals that make you feel good, as illustrated by the *runner's high*. Cardiovascular exercise and aerobics are great for creating the intensity required for a mood-raising chemical high.[5]

Examples of additional ways you might increase your optimism appear in the Ezine article: "How to Increase Your Optimism." Suggestions include: try not to think in terms of *always* or *never*; acknowledge that good things do happen to you and enjoy them; try to move on in a healthy, positive way from bad experiences; when things go wrong, try not to take them personally; be proud of your achievements and boost your spirits during the low times; just keep going; success breeds success; act optimistic; practice makes perfect; deal with stress.[6]

Smiling can be both a manifestation and a creator of optimism. Because facial expressions are contagious and we tend to respond to them in like manner, as we smile, people around us smile also. But studies have shown that subjects who manufacture a smile actually experience feeling happier. Even though they knew they were acting, their bodies didn't, and responded to the smile the way they normally would. If we smile, even when we don't feel like it, our mood will improve.[7]

Hypnosis enhances your chances to change your outlook. It enables you to tap into that 90% of your mind that contains a record of your life - the subconscious. By retrieving pertinent information from that storehouse of knowledge, you can discover and disconnect the impact of whatever experiences, messages and influences in your life contributed to and reinforced a more pessimistic outlook. Once you've released the negative influences, you will be able to replace them with a new, positive program. This will support your efforts to optimize your optimism.

[1] About.com.stress management (The Benefits of Optimism)

[2] About.com.stress management (The Benefits of Optimism)

[3] <http://news.bbc.co.uk/2/hi/health/2158336.stm>

[4] About.com Guide/The Optimistic Child

[5] About.com.Guide/Dr. Mark Stibich

[6] <http://ezinearticles.com/?How-to-Increase-Your-Optimism&id=734020>

[7] <http://www.snopes.com/science/smile.asp>

[8] <http://www.quotes-about.com/optimism-quotes/639>

HEALTH TIPS

If you like one of the following quotes [8], you might personalize it and use it as an affirmation to improve your optimism:

"Man's real life is happy, chiefly because he is ever expecting it to be so." (Edgar Allen Poe)

"An optimist is the human personification of spring." (Susan Bissonette)

"Whether you think you can or can't, you're right." (Henry Ford)

"An individual has a healthy personality to the exact degree to which they have the propensity to look for the good in every situation." (Ralph Waldo Emerson)

"Perpetual optimism is a force multiplier." (Colin Powell)

"Many an optimist has become rich simply by buying out a pessimist." (Laurence Peter)



Happy Health!

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Remember: *Hypnosis can be done in the office, by phone, and via Skype.*