



VeteranCaregiver.com Video Resource

Recommended Resources: Optimism is Contagious

Definition	Optimism is the viewpoint of looking at the best, most positive aspects of any situation and believing that things will get better even if there is a hard patch at the moment. The science of Positive Psychology has proven in many studies that a positive outlook, the belief that one can make choices to be happy all contribute to more positive outcomes.
Surround Yourself w/Positive People	Even more studies have proven that you are deeply affected by the company you keep. Author Jim Rohn says this: "You are the average of the five people you spend the most time with".
The Art of Exceptional Living by Jim Rohn	"Happiness is not by chance, but by choice."
Happiness Choice	If you carefully consider your five people you spend the most time with, ask yourself how the interaction is between you. As a caregiver, you must protect your psyche, your heart, and your time. Even close friends may not be providing positive support. Move toward those that inflate you, who believe in you, and who hope for great outcomes.
Happiness Advantage	Listen or read the book by Shawn Achor, The Happiness Advantage for a narrative on the science of positive psychology and the small changes you can make to form new, positive neural pathways in your brain. Yes, rewire your brain for happiness.
Supportive Peers	No one believes you can be happy all the time, but talking to other caregivers who understand your situation, who can listen attentively, and who "get it" will bolster the lower days. Join a Meetup, small group, or walking partner each week; it's time for you to relax and breathe. It's healthy.
Video	https://www.youtube.com/watch?v=GXY_kBVq1M