

High School Health

Lesson #5: Optimism & Positive Self-Talk

Objectives:

- In this lesson you will...
 1. Describe strategies for maintaining an optimistic outlook
 2. Change negative self-talk in positive self-talk to promote emotional health
 3. Demonstrate using positive-self talk

Vocabulary

• Optimism- _____

• Optimist- _____

• Pessimism- _____

• Pessimist- _____

• Self-talk- _____

Student Journal

Lesson 4: Optimism & Positive Self-Talk

Health terms

optimism
optimist
overgeneralize
pessimism
pessimist
self-talk

Journal entry

Describe your general outlook on life. Would you say you tend to focus on the positive or the negative? How do you think this outlook affects your relationships and emotional health and why?

Ways to Be Optimistic

Focus on the positive.

Think of problems as temporary and specific.

See yourself as the cause of your success.

View mistakes as a chance to learn.

Keep a sense of humor.

(continued)

Student Journal

Lesson 4: Optimism & Positive Self-Talk *(continued)*

Ways to Be Optimistic *(continued)*

Stay healthy.

Spend time around positive people.

Use positive self-talk.

Negative Patterns of Thinking

Expecting the worst

Overgeneralizing

Blaming others

Requiring perfection

Exaggerating

(continued)

Using Positive Self-Talk

Directions: Use what you've learned today to answer the questions and suggest examples of positive self-talk.

- ① Describe at least 4 ways to be optimistic and give a specific example of how you could use 1 of them in your own life.

- ② Write examples that demonstrate at least 4 of these patterns of negative thinking. Then write at least 1 positive self-talk statement that could counter each one and provide a more realistic view.

| Negative Thinking Examples | Positive Self-Talk |
|----------------------------|--------------------|
| Expecting the worst | |
| Overgeneralizing | |
| Blaming others | |
| Requiring perfection | |

(continued)