

Mayo Clinic Minute

Boost optimism

| Video | Audio |
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| Vivien Williams | Optimism is good for your health. But what if you're pessimistic and have difficulty seeing the bright side of things? |
| Richa Sood, M.D. General Internal Medicine Mayo Clinic | "Optimism is sort of a mindset." |
| Vivien Williams | Dr. Richa Sood says you can train your brain to make optimism a habit. |
| Richa Sood, M.D. | "The brain is beautiful. The brain changes. We call it neuroplasticity." |
| Vivien Williams | So if you purposefully choose to think positively regularly ... |
| Richa Sood, M.D. | "... eventually the brain will form new pathways." |
| Vivien Williams | And you will become more optimistic. Dr. Sood has three tips on how to start. No. 1 is gratitude. |
| Richa Sood, M.D. | "Feeling grateful for things that are going right in life builds our optimism. Having a sense of meaning and purpose, being driven by some altruistic intentions and actions." |
| Vivien Williams | No. 2 is building self-worth. |
| Richa Sood, M.D. | "How do we build self-worth? Well, surrounding ourselves with people who believe in us is a big one." |
| Vivien Williams | And No. 3 is improving your health. |

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| Richa Sood, M.D. | "That would mean exercising, eating healthily, maintaining our body weight, staying away from toxins." |
| Vivien Williams | Three ways to help train your brain to make optimism part of your everyday life. |
| | For the Mayo Clinic News Network, I'm Vivien Williams. |