

Responsible Optimism



What makes positive thinking so powerful?

Thinking optimistically, rather than negatively or pessimistically, is a proven key to avoiding feelings of depression, persisting longer at challenging tasks, and facing each day with hope and excitement. This course provides users with the tools they require to change their thinking.

Course Contents

- The difference between optimism and pessimism.
- How optimism can improve your mood, health, productivity, and more.
- Four strategies for clearing your mind of self-talk.
- Three strategies for gaining perspective on self-talk.
- Three strategies for challenging self-talk.

Additional Features

- Self-guided workbooks for completing offline.
- Resources for continued learning.
- Course certificate can be printed following successful completion of course learning quiz.



Estimated time to complete this course is 2 hours (60 minutes online; 60 minutes of printed workbook material).

**ENROLL
NOW!**

Enrollment may be covered by your benefit plan employee assistance services. Our website will help you determine this. To register, learn more about this course or learn about other courses we offer, visit Member Services at www.homewoodhealth.com.