

Good morning and happy Monday team!

I hope you all had a great weekend and are enjoying this cooler, beautiful weather. This is going to be a great week.

What is the opposite of optimism? Cynicism: Spiral negative thought pattern

We may not choose the situations and the people in our lives, but we can choose how **we react**. We get to choose how our minds, and therefore our lives, will go.

Cynicism is always driven by fear of the future or by anger regarding the past. Here are some questions to ask yourself to see whether cynicism has invaded your headspace:

1. Do you get annoyed when people are optimistic?
2. When someone is nice to you, do you wonder what that person wants?
3. Do you constantly feel misunderstood?
4. When things are going well, are you waiting for the bottom to fall out?
5. Are you guarded when you meet someone new?

Cynicism puts our minds on things of this earth, and we lose hope. Beauty points remind us of hope. Cynicism crumbles in the presence of beauty. **Beauty interrupts us and it awakens us.**

Good things happen when we train our attention on that which is beautiful, on that which is authentic, compelling, and good. When we are overcome by the grandeur of a snowy mountain peak or delighted by a beautiful song, we let go the negative spiral. We are freed from being the center of our own worlds for just a moment.

Challenge this week: Be mindful of what is beautiful around you. Make a point to write down one beautiful thing you notice each day. Find the good in situations around you.

“To find optimism, look for the good things in life.”

- Catherine Pulsifer

Peace,
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