

The Optimistic Mindset

With a good day done, the thunderous night became nothing more than calming rain, a soft pitter patter, fading into the night... Of course it was simply their mindset, causing everything bad to wash away. Have you ever felt that you had a bad luck streak, and that until something good happened, it just got worse, and worse? This may be because of your outlook! Optimism has to do with your happiness, and even with what happened on the day/previous day, can change your tomorrow!

For example, let's say your pet dog died, the next day you would be feeling very sad, and mopey. This is because the levels of dopamine, which makes you happy, are very low. This also leads to a hard time concentrating, anxiety, and feeling clammy. Part of this is due to monoamine oxidase A, an enzyme that breaks down important neurotransmitters, resulting in very low levels of dopamine. If you eventually got happier, you would be able to feel a very small change in how you wake up. Instead of being so sad, you might be more optimistic, this change affects everyone everyday. If you are depressed, or close to depression, being optimistic can pull you out of it! This isn't rocket science, if you are simply a happy person, you can reap thousands of benefits, from better tomorrows, all the way to just being happier in general!

Continuing on, another reason why we should try to be happy, is because by having an optimistic mindset, we actually do better in life! According to [7 Mindsets](#) 8% of people meet their goals, while the remaining 92% do not. But the real reason they achieve their goals is because they have an optimistic mindset. About 65 Thousand thoughts go into our heads over the course of a day. However most of them are negative, these ANTS (Automatic negative thoughts), happen so fast, almost everyone doesn't know it. This might be one of several factors that explain things, such as why sometimes you will instantly feel like something/someone is rude, or doesn't like you. Continuing on, this phenomenon can explain why sometimes when you get new people in your life, you immediately feel that they don't like you, it isn't true, it is simply because of your mindset. If you have a generally sad mindset, you might think that they don't like you because of what you wear, or they don't like your backpack. Meanwhile, on the other end of the spectrum, is the happy mindset. People with this mindset tend to be the first kid to introduce themselves, and try to become friends with most people.

Along with that, something more is that when you are an [optimist](#), and something goes wrong. Say that your computer broke, you wouldn't blame yourself, instead you would just see it as a minor setback to your main goal. Another example would be, that you and your friend both

audition for a dancing club, however neither of you make the cut. Instead of saying something similar to “Aww i sucked” you might say “ I did good, everyone was so talented I might have not made it, but it was fun trying!”. By having an optimist mindset, you also can be less stressed, get better grades, and even sleep better. (Which seems like a very good deal if you ask me!) Another good thing to notice is if your family members are optimists, or pessimists. One example could be, your father is cooking burgers on the patio, but burns them while he was lost in thought. Instead of saying “Great, I burned the burgers, I’m such a terrible cook!” He could say “ I might have burned the burgers, but either way, we can always run down to the store and grab another pack”. This is a noticeable difference, instead of immediately blaming yourself, you just think of everything bad, or unlucky, as a small setback that will just delay your ultimate goal. Sticking on to this, being sad isn’t necessarily a bad thing, but being sad for too long is not good, so majority of the time, you should be happy. Being happy can help give others an even better impression of you, help you land job offers easilier, and even help you concentrate on assignments, or things you need to get done with!

Finally, in the end happiness is like free insurance! You can get tons of conveniences, from the small things, like a positive, likable attitude, all the way to the big things, like having extra shields against depression! Of course, it’s all just because of an optimistic mindset, no nonsense, just a mindset!