### Worksheet 2

**What does Optimism mean?**

The word "Optimism" has Latin roots. "Optimum" means "the best." It involves maintaining a predominantly positive attitude towards oneself, the environment, and life in general. Optimists are willing to adopt the best possible perspective. Positivity can be learned. Believing in oneself, cultivating an optimistic mindset, and practicing mindfulness promote a positive mindset. For an optimistic mindset, it's helpful to think positively; for instance, instead of saying "I can't do this," you can say "I can't do this yet; I'm working on it." Recognize that things are not inherently positive or negative but become so through our subjective evaluation. In any situation, you can choose whether to focus on the negative or positive aspects.

**An Example of Optimistic Thinking:**

In winter, Anna slips and breaks her ankle. Silke visits her and sympathizes, "What bad luck that this had to happen right now! You won't be able to go skiing this year. That's really frustrating!" Anna responds, "Yes, it's a shame. But who knows what good can come out of it. Now, at least, I can read in peace. There are a few books I've been looking forward to." Indeed, Anna uses the time when she can't walk. She enjoys the relaxation and is inspired by her reading to make some changes in her life.

**Considering the Situation:** Examine the following situation and justify whether Silke is an optimist.

The company lays off a considerable number of employees. However, Anna and Silke retain their jobs, and Silke is even promoted. Anna approaches her colleague with joy and says, "Congratulations! You really deserve this!" Silke responds, "Thank you, but I guess I had more luck than sense. The higher-ups don't really know me. They just reshuffled the cards." Anna wonders, "Don't you feel happy about your promotion?" Silke admits, "Of course, I'm happy. But it probably has little to do with my good work, more with chance. You know how unfair things are everywhere. There are plenty of examples of that."

**Reflecting on Technology Use:**

1. **Have you ever had negative thoughts while using technology?**
2. **Did the negative thoughts stress you during technology use?**
3. **How did you handle the situation?**