

OPTI-MISSED

by:

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“Choose to be optimistic. It’s more uplifting. Dalai Llama XIV

Are you tired and bored? Do you usually feel frustrated, disappointed, and annoyed? These feelings are natural especially if you are a teacher. Last time, a video of a teacher scolding her students became viral. It became controversial for people to perceive the incident from different perspectives. Nonetheless, it was very evident that no matter how you try to compose and be graceful despite the pressure, you will still lose your temper sometimes.

With that, I was reminded of the statement of Dalai Llama XIV which shared the benefit or advantage of having a positive mind. It is true indeed that when you are a positive thinker, you will feel better. How is that possible? And why is that important?

According to some readings, optimism builds resilience. If we have a positive mind; hence, we will not easily give up on chasing our aspirations. We will keep working toward and forward. As a result, optimistic people have a greater sense of control over their circumstances, which can increase self-esteem.

To add, it also promotes positive mental health since it distances us from negativities like hopelessness, helplessness, lack of confidence, and the like. Moreover, an optimist is deemed to have a forward-looking perspective that can establish clear goals, inspire commitment, and drive strategic success.

Henceforth, it is very evident from the hundreds of research studies that people are more likely to feel good about themselves, make friends, solve problems, take risks, and learn from their mistakes.

To sum up, if you are a teacher and you have this positivity in your veins, then, you are more likely to be adaptive to the changes around you, less depressed about the circumstances faced, have a positive and high regard for your self-worth, perceive challenges as setbacks rather than disasters, and more likely to succeed.

As advice, be an optimist because you will miss half of your life living in misery if you focus on negativities.

References:

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