

### ACTIVITY: Picture This!

#### Purpose

The purpose of this activity is to:

- Discuss the role of “savoring” in increasing optimism
- Boost optimism among individuals and teams

#### ESTIMATED TIME

**10** minutes

#### MATERIALS

##### Required:

Picture(s) of participants choice

#### Background

- Optimism stems from taking the time to recognize and celebrate all of the good in our lives.
- It's easy to focus on the negative, as it is human nature to scan our environment for threats and to spend time ruminating on problems as we try to solve them.
- Noticing the good can take a more intentional effort. Fortunately, optimism works like any other habit. The more we take the time to notice and savor the good in our lives, the easier it becomes to do this naturally.
- People who savor the positive are happier, less anxious, and more resilient.
- One of the ways we can savor the good is to have reminders around us of the positive things and times in our lives.

### Activity

- 1) This is a two part activity. To begin the activity, at a team meeting have a short discussion with your team about optimism and savoring the good.
- 2) Explain that one way to savor is to have things around us that remind us of the good in our lives. The most obvious way to do this is with photographs – pictures of things we love and things that bring us joy. These may be photos of our family or friends, photos that capture good times, pictures of places we love or adventures we've had.
- 3) Ask participants to bring in at least 1 to 2 photos that depict happy times or things that bring them joy.
- 4) At your next team meeting, have people share their photos and tell a little bit about them. An alternative to a discussion at a team meeting may be to have people post the photos in their workspace (or in a shared space). Then, encourage people to ask others about their photos. Remote workers can share photos and their significance over email, SharePoint, or another electronic medium.

### Discussion Questions/ Key Points

- What kind of photos did people select? Why?
- What are some other benefits of having photos of happy times surrounding you?
- What are some other ways we can practice savoring?
- What did you learn about your co-workers from this activity?