



This issue builds resilience in...

Optimism

Managing Anxiety

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## How to manage the worry wort syndrome...

Would you be surprised to hear that the number one worry of parents/carers with small children is, *“I’m afraid my child won’t get the education and opportunities they need to reach their potential.”*? \*

### Using worry for good

Let’s harness the usefulness in worry and use it effectively. Did you know that, *“**optimism**, more than talent or due diligence, is the greatest predictor of success”*, based on tens of thousands of studies, some spanning 50 years or more? \*\* If you want your children to reach their potential, one of the best things you can do is learn to be more resilient and optimistic when things go wrong because *“a parents level of optimism and their child’s are very similar.”\*\**

*“Children’s antennae are constantly tuned to the way their parents talk about emotionally loaded events. They listen closely when you explain why things happen, which you do on average once a minute during normal speech, particularly when things go wrong.” \*\**

### Teaching optimism

The key is in **how** you explain what happens. *“Is it permanent or temporary, specific or pervasive, your fault or someone else’s.” \*\** Imagine you’ve just had a bingle in the car (nothing too serious). If you explain it this way: *“I’m so stupid (your fault). My car’s ruined (permanent). I’m always having accidents (pervasive/over-generalised)”*, then the result is depressing and pessimistic. Children learning this will be more likely to struggle in the

future. If, on the other hand, you could change your style to something more **temporary, specific and less self-blaming**, then optimism goes up and future success is more likely. Instead, it could be, *“I’ve just had an accident (specific). Car parks can be hazardous (appropriately averted blame). Hopefully the car can be repaired soon (temporary).”* Same situation, very different explanation.

### Practice optimism to give yourself relief from over-worrying and your child the best education possible.

\*[http://www.babycenter.com/0\\_top-5-parenting-fears-and-what-you-can-do-about-them\\_3656609.bc](http://www.babycenter.com/0_top-5-parenting-fears-and-what-you-can-do-about-them_3656609.bc)\*\* Seligman, M. *Learned Optimism*, Random House, 2011.

- ✓ Parents number one fear: *“Will my child get the education they need to reach their potential?”*
- ✓ Optimism is the greatest predictor of long term success.
- ✓ Children mimic their parents explanatory style - pessimistic or optimistic.

*“Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.”*

Helen Keller