

# Well-Being Video: Session Two- TURN towards Optimism



Here we look at how positive psychologists have taught optimism to 8-year olds with depression and the later result of well-adjusted happy teenagers.

The TURN process is based on CBT (Cognitive Behavioural Therapy) a successful technique in helping individuals gain a more optimistic perspective on an otherwise discouraging and difficult situation.

The story of someone let down by their friend is used to illustrate the TURN to Optimism process whilst inviting participants to work with their own negative situation (starting with a mild one before tackling more serious issues).

The video shows how this 4-step method helps to process negative situations and feelings into more helpful and encouraging viewpoints.

Includes relevant easily grasped brain research to illustrate.