

## Increasing Optimism: Science behind Smile



Presented by:

**Cara Maksimow, LCSW**



**Friday, May 10<sup>th</sup>**

**12noon at Short Stories Bookshop  
23 Main Street, Madison**

**Staying productive and optimistic can be challenging when we are under increased stress. Higher levels of optimism have been shown to increase productivity, performance and success. Contrary to what many people believe, our level of optimism and resilience can be increased with simple everyday steps. In the workshop *Increasing Optimism* I will share clinical study data on how by increasing levels of optimism people can live happier, healthier, longer and be more productive each day. Participants will be introduced to 5 key elements of Positive Psychology and discuss how those elements can be better integrated into their every day with cognitive behavioral and positive psychology-based tools.**

**A Celebration of Optimism & Resilience in honor of Mental Health Awareness Month (MAY)**