

SAFETY INSTITUTE OF AUSTRALIA (SIA) WEBINAR

Belief Based Safety Leadership™ Making Safety Personal Tuesday 6 February 2017

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The Pacific Institute (Australia)

Having an optimistic outlook on life—a general expectation that good things will happen— may help people live longer, according to a new study from Harvard T.H. Chan School of Public Health¹.

The study found that women who were optimistic had a significantly reduced risk of dying from several major causes of death—including cancer, heart disease, stroke, respiratory disease, and infection—over an eight-year period, compared with women who were less optimistic.

This study builds earlier University of California Los Angeles (UCLA) research for both men and women that high levels of eudemonic happiness based on self realisation function better by keeping inflammatory gene expression low and antiviral and antibody expression high².

The following article which summarises this current seminal research into overall wellbeing speaks to neuroplasticity of the brain which is the ability of the brain to change its wiring with different thought patterns.

<http://www.afr.com/lifestyle/health/mens-health/optimism-is-good-for-your-health-20170105-gtmptg>

Dr Dennis Charney, dean of the Icahn School of Medicine at Mount Sinai in New York City and associates, studied 750 Vietnam veterans who had not developed depression or post traumatic stress disorder after being held prisoners of war to see what might have protected them from extreme stress.³ After extensive interviews and tests, he concluded that the top trait that set them apart was optimism. The second was altruism.

The Pacific Institute applied technology for the conscious development of positive mindsets and simple techniques of learned optimism have had measurable impacts on individual and organisational levels of performance and overall well-being. For The Pacific Institute client case studies mentioned in the webinar please see <http://thepacificinstitute.com/results/>

¹Eric S. Kim, Kaitlin A. Hagan, Francine Grodstein; Dawn L. DeMeo, Immaculata De Vivo, Laura D. Kubzansky “Optimism and Cause-Specific Mortality: A Prospective Cohort Study,” American Journal of Epidemiology, online December 7, 2016, doi: 10.1093/aje/kww182

² The UCLA Cousins Center for Psychoneuroimmunology encompasses an interdisciplinary network working to advance the understanding of psychoneuroimmunology by linking basic and clinical scientists and translating findings into clinical practice.

³ James & M. Southwick, S & Brett, E & Fontana, A & Rosenheck, R & Charney, Dennis *Dissociation in posttraumatic stress disorder in Vietnam combat veterans* The American journal of psychiatry. 149. 328-32. 10.1176/ajp.149.3.328.



PERSONAL NOTES ON ABOVE RESEARCH AND IMPLICATIONS FOR SAFETY LEADERSHIP