

Rotary

Club of Bodmin



The Bright Side

To 'look on the bright side' means to highlight the good in an otherwise bad situation.

An example of this might be someone losing in the finals of a competition would not view it as a failure but the success of reaching the finals.

Optimists and Pessimists

People who are more likely to see the positive aspects of situations are called Optimists while Pessimists is the word used to describe people who are more likely to see the negative.

Winston Churchill once said "The pessimist sees the difficulty in every opportunity, the optimist sees the opportunity in every difficulty"

When seeing a glass filled to its halfway point, an optimist will describe it as half full while a pessimist will describe it as being half empty.



Research has shown that optimists tend to enjoy better health and even live longer and more likely to be able to cope with difficulties.

People are sometimes described as 'looking at life through rose coloured glasses.'. This phrase is usually used to suggest that the person is unable to see the negative in life and therefore has a view of life that is unrealistic.



The Rainbow

Perhaps one of the most enduring images of the positive is the rainbow, the sunshine after the rain. They are a symbol of hope and peace.



During the first lockdown of the Covid pandemic children were putting images of rainbows in their windows. This trend started in Italy but was adopted in countries across the world, including here in the UK. The rainbows often contained messages urging people to stay safe and strong. It was a kind of rallying call to lift the spirits.



The rainbow has become a very memorable feature of the pandemic. As we see the vaccination programme roll out, the rainbow serves as a reminder to focus on the positive and to remember that there is always hope even through the darkest times.

What is the bright side for you?