WTNS Radio OSU Extension Update for December 16, 2024
Healthy People. Healthy Finances. Healthy Relationships.

On today's OSU Extension update for Healthy People, Healthy Finances, & Healthy Relationships we'll talk about hope, and as always look at some upcoming programs from OSU Extension.

Over the years, through life experiences and cultural changes, an influence started creeping into my life. Self-reflection, over the past few months, reveals that I have become more cynical in my attitude and thinking. Now I am making an effort to change.

And I'm not alone in my desire. A psychology professor at Stanford recently wrote a book titled, "Hope for Cynics: The Surprising Science of Human Goodness." Jamil Zaki defines cynicism as the belief that people are selfish, greedy, and dishonest. Cynicism is an attitude we have towards humanity, but not generally an attitude we have towards specific humans.

Cynicism is what happens when we take real problems in the world and turn them into a theory of what people are like. It is highly destructive to our mental and physical health, to each other, to our communities, and to the goals that we have of overcoming collective problems.

Zaki says that hope is the emotion and the experience of believing that even though things are not at all fine, we have some say in that. This is different from optimism. Optimism is the belief that everything will turn out fine no matter what. This leads to complacency. Ironically, cynicism leads to complacency as well. According to Zaki, "It's like this - if you think things are going to be great, there's no need to do anything, and if you think things are going to be awful, there's also no need to do anything."

Hope sits in the middle of those. Last spring, my OSU Extension colleague Shannon Carter penned some hopeful thoughts for OSU Extension's Live Healthy Live Well Blog. She shared that researchers at the University of Oklahoma Hope Research Center have found three distinct ingredients of hope: goals, pathway, and agency.

Goals give us something to look forward to and work towards. Pathway is the ability to identify routes toward goals, and maybe even more empowering, is the ability to problem solve and find new pathways around obstacles. And arguably, the most critical is agency- the ability to sustain our motivation to move along these pathways.

One of the best practices I have found to combat cynicism is to stay connected. Hope is a social gift. It is not something that happens in isolation within us. It happens in relationships with each other. Our connectedness with others and especially with something greater than ourselves is one of the single best predictors of hope. I am a recovering cynic, who is hopeful. Choose hope and share it with someone else this week.

And now let's see what else is new from OSU Extension.

I've been mentioning for a few weeks that farms organized as an LLC need to report beneficial ownership information by January 1 because of the Corporate Transparency Act. Just last Wednesday, the U.S. District Court for the Eastern District of Texas issued a nationwide preliminary injunction against the CTA. This means as this point LLC's do not need to complete BOI reporting.

Also, our Extension Office will be closed December 24 & 25 for Christmas and on New Years Day. We wish all of you peace and comfort this holiday season.

In closing, at OSU Extension, we are proud to work for Coshocton County to help educate and empower our families, individuals, farms, and businesses. Please feel free to contact OSU Extension for more information at 740-622-2265, check us out on Facebook, or visit our website at coshocton.osu.edu. Make it a healthy day!