

**ABC 891 Adelaide (Adelaide)**  
**Mornings - 17/03/2008 10:41 AM**  
**Matthew Abraham and David Bevan**  
**Producer Ms Amy Taylor 08 8343 4407**

Hugh Kearns talks about St Patrick's Day and the eggs he's brought into the studio. He says his wife is Irish, but his children have Australian accents and correct them constantly. Abraham talks about students who get gridlocked when writing a PHD, thesis or major assignment. Kearns says a cause of procrastination is getting paralysed by too many choices. Gardiner talks about a workshop they ran recently with 25 doctors looking at their styles, how they operated, having an open discussion about optimism and pessimism. She talks about research on optimism and pessimism, that can show pessimists have an accurate factual view on what's going on, optimists correlate with so many positive outcomes in terms of health, wellbeing and relationships. Gardiner gives advice on how to make yourself more optimistic. Paul says diet helps people feel good, and talks about the movie Super Size Me. Kearns quotes Oscar Wilde.

**Interviewees:** Caller Paul, Balaklava; Hugh Kearns, Head of Flinders University Staff Development and Training; Maria Gardiner, Clinical Psychologist, Flinders University

**Duration:** 14.36

**Summary ID:** A00030002760

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