REMAINING OPTIMISTIC

True optimism means acknowledging reality while maintaining a strong belief & hope that things will get better.

What Optimism is NOT:

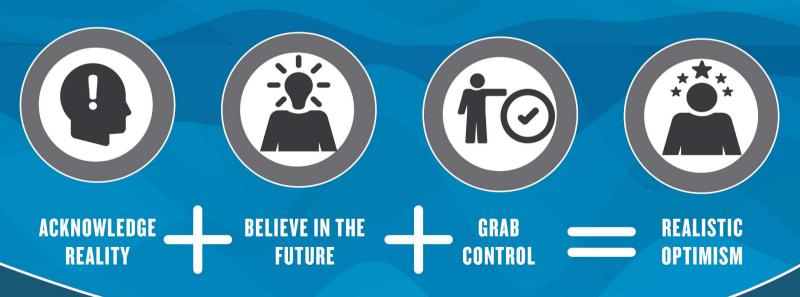
- Sticking your head in the sand
- Refusing to accept reality
- Pretending everything is OK

What Optimism IS:

- Firmly based in reality
- Acknowledging the bad, and believing you will prevail despite of it
- Recognizing your agency in a situation

HOW TO BE OPTIMISTIC

Optimism, like pessimism, is a thinking style. You can learn, grow and cultivate an optimistic mindset.





For more ways to strengthen your resilience connect with us at: