

How to Develop an Optimistic Outlook

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Understanding optimism

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thought

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• *optimistic* "positive outlook"

• *pessimistic* "negative outlook"

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R

Recognizing your negative thinking

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B

• Overgeneralizing,

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- Filtering, " " "
- Splitting. " - - "

Tips on staying optimistic

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Be aware of your negative thoughts. P

Engage in positive self-talk. C

"I

Bring more humour into your life.

Spend time with optimistic people. R

C

Choose happiness. R

G m ,The T s M t l p t a s t a r : D H o F o Y o B p a r o L e a i o d
 Ha pp e ,Hea th e L fe. r l i i i

Practice gratitude. A

Recognize what you can control.

Develop or keep up healthy routines. O

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