Cultivate
Optimism

Make the decision to focus on appreciating the roses in your life rather than thinking of the thorns. This doesn't mean pretending to be happy when you're not. If you're upset, it's important to deal with and talk about your feelings. But by choosing to fill your mind with positive thoughts, you'll create a more calm and hopeful attitude, feel better about yourself and others, and feel more competent to handle everyday challenges. **Here's how to shift to optimism:**

Practice positive self-talk. Getting in the habit of speaking to yourself kindly and reducing negative self-talk increases positivity and confidence. Try to make it a daily habit to give yourself a compliment while looking in the mirror—after some time you'll really start to feel it and believe it!

Increase activities that help you reach a relaxed state. Choose things that make you feel light-hearted or content such as a watching a funny movie, playing with your dog, doing yoga, walking a nearby trail, etc.

Really tune into the good things in your life. To prompt this mindset, trying keeping a journal, writing down five things you are grateful for daily.

Stay connected. Keep in touch with friends and loved ones and be open to developing new friendships. Volunteer your time to help focus on others more than on yourself. Spend time with positive people who are living active, fulfilled lives.

Follow healthy habits that support a good mood and positive energy. Get adequate sleep, manage your stress, follow a nutritious diet, exercise regularly, and make supportive social connections. The better you feel, the brighter your outlook will be.

Be kind to yourself when you make mistakes. Think about mistakes, slip-ups and failures as learning experiences to help you do better the next time.

Before sleeping, remind yourself what went well today. Then, when you wake, start thinking about what you want to accomplish and the positive outcome.

We're here to help. Health Advocate can get you to the right support and resources to help you improve your health and well-being.

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