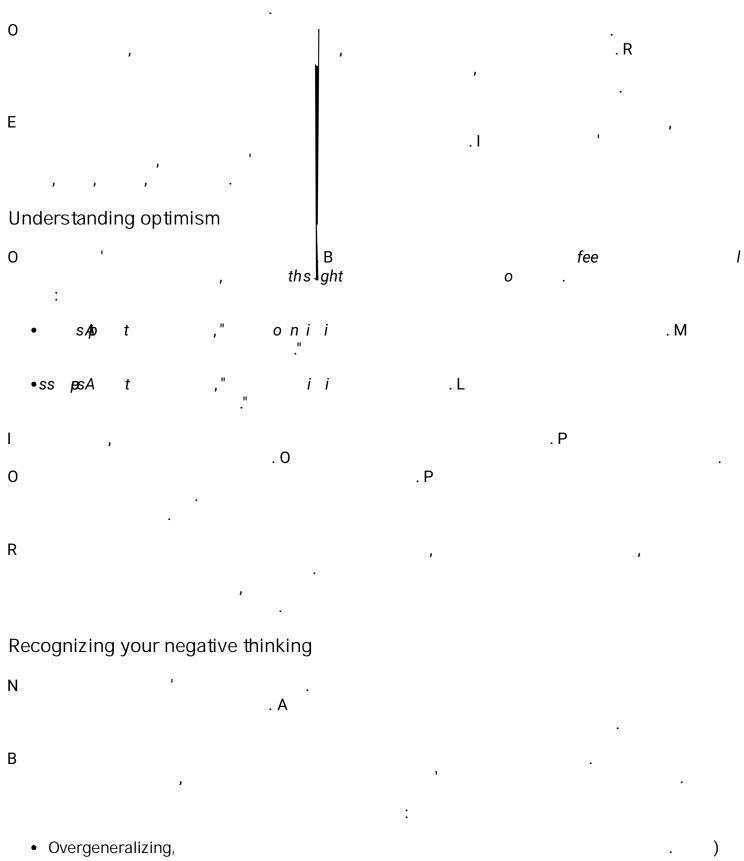
How to Develop an Optimistic Outlook



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

. I , . D .

Tips on staying optimistic

. B . .

H :

Be aware of your negative thoughts. P

Engage in positive self-talk. C

Bring more humour into your life.

, _

Spend time with optimistic people. R
C ' .

Choose happiness. R

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Practice gratitude. A ' ;

Recognize what you can control.

. F

Develop or keep up healthy routines. 0 . E