Stress coping strategies

Be optimistic

Optimism can lead to many advantages in life, including better health, more success and less stress.

Optimists tend to be less stressed because they believe in themselves and their abilities. They often achieve greater success, creating more chances for themselves in life, trying out more things and willing to take risks because they believe in themselves. Optimists don't give up as easily as pessimists. They expect the best and see the best in people.

Optimism is a very positive mental attitude and an **optimistic** attitude benefits not only your mental health, but your physical well-being as well.

Optimism is a great motivator and optimistic people are often great motivators; they are usually more able to embrace new challenges, have a good sense of humour and accept that change is an important part of life.

People like being around optimistic people because people with an optimistic outlook are usually easier to get along with. And, of course, your attitude can have a big effect on the people around you – it can really improve workplace relationships if you are optimistic and try to focus on people's strengths, not their weaknesses.

Be optimistic; **believe** you can become a more optimistic person!

Always try to find something positive in every **situation**.
Always try to find something positive in every **person**.
Always try to **say** something positive, even if what you are saying is actually a negative.