

MAINTAIN AND SUSTAIN OPTIMISM

TO BOOST YOUR WELL-BEING



To remain resilient, you must be able to see the full and accurate picture, which includes both the bad and the good. Optimism is not all about sunshine and rainbows and seeing the silver lining in every situation.

Two Ways to Practice Optimism



- 1. Challenge yourself to hunt for what is good, then reflect on why these are good things.*
- 2. Reframe counterproductive thoughts by starting your sentence with "A more optimistic way of seeing this is..."*



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

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