

# Coping with Worry and Stress - Wellness Tips



Welcome to your daily dose of wellness!

Today's Message: **OPTIMISM**



Today's topic, "OPTIMISM," includes a number of tools and resources to help you choose a more positive and optimistic view of life in general. It's hard right now, so you may have to consciously deploy some of this advice to find the positives in your current situation. We all will follow our own path to find our way forward, so give it a try. Check out these links!



[How to Stay Optimistic - Even Now](#)

[10 Reasons to Stay Optimistic During This Pandemic](#)

[How to Train Your Brain to be More Optimistic](#)



**Optimism is not the denial of reality.**

[45 Benefits of Optimism](#)

[Optimism vs. Positivity video](#)

"Be the reason someone smiles. Be the reason someone feels loved and believes in the goodness in people."

— Roy T. Bennett

