

HEALTH TIP



Winning with **OPTIMISM IN**



We can walk into this new year smarter, more empathetic and with more optimism than ever before. Flex your optimism muscle with these tips:

MEND YOUR MIND: Focus each day on being more engaged, attentive and PRESENT in what you are doing at any given moment. Banish thoughts of the past or worries of the future and dive in to the here and now!

GET GRATEFUL: Thankfulness is a proven mood booster. Each day recognize the things in your life that you are grateful for. When possible, write them down.

PRACTICE PERSISTENCE: As the saying goes – “when the going gets tough, the tough get going.” When negativity starts to creep into a daily activity, actively fight against it by practicing persistence.