

Dear Families/Caregivers,

Life is filled with ups and downs. Studies show that people who think optimistically are more resilient and better able to navigate the ups and downs. Although optimism is considered to be a personality trait that some people are born with, it is also a teachable skill.

Optimists expect positive outcomes.

Pessimists expect negative outcomes.

Research shows that optimists have more confidence and ability to cope with problems than pessimists which leads to better health and relationships. The following are strategies for becoming more optimistic:

- **Think Like an Optimist**
If you find yourself falling into negative thinking, stop and reframe your thoughts.
- **Talk Like an Optimist**
Changing your negative words to positive words can override negative thinking and help you to become more positive.
- **Act Like an Optimist**
Try new things and expect a positive outcome. Feelings and thoughts will change with action.

Encourage your teen to try something new. Have your teen start with a few small changes and watch for the results of his or her optimism.