

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.

In this lesson, your teen learned strategies for changing his or her perspective to increase optimism. Optimists tend to be problem-solvers, and choose to be open-minded, hopeful, and positive.

The following are strategies for focusing on optimism:

FOCUS on the Solution

Instead of focusing on the problem, be solution-focused to create a positive thinking space and bring helpful ideas into focus.

FOCUS on the Situation as Temporary

Remind yourself that many of the things that are challenging or inconvenient won't last forever.

FOCUS on What to Do Next

Don't spend too much time on why something happened, instead focus on what's next.

FOCUS on Options

Don't focus on reasons or excuses. Instead focus on what choices you have now.

FOCUS on *I Can*

Shift your thoughts from *I Can't* to *I Can*.

Encourage your teen to keep an optimistic perspective, even when things are challenging, and to shift his or her way of thinking to be more solution-oriented!