

# HEALTH TIP



THE WIN WITHIN  
VICTORIOUS

# OPTIMISM: ON!

There's no shortage of things to worry about right now.  
Some ways to help reframe the negative to positive:



Visualize opportunities in the difficulties of your current situation.



Reflect on new ways you've adapted to life and how at least a few of them might be worth keeping around.



Practice compassion. Empathy and outreach to others helps elevate us from negative thoughts, attitudes, and behaviors.



Team up with loved ones, virtually, to stay connected and engaged both mentally and emotionally.



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