



# The power of a positive outlook!

For free and confidential counseling resources, contact your local ESSP Representative  
or

CDRs: Hourly – Carelon Behavioral Health: 800-227-9622

Salaried – Lyra Health: 1-877-207-9822

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# Change Your View to Change Your Mood

- Optimists deal with challenges but know they can handle stress.
- They see problems as temporary and believe things will get better.

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# *Positive Thinking*

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When you focus  
on the good, the good  
gets better.



## Focus on the Good Stuff

- Studies show that looking at the positive side leads to a better mood.
- You spend less time on bad thoughts.
- You feel more balanced.

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# Tips for Being More Positive

- **Practice Mindfulness:** Focus on what you can control.
- **Forgive and Let Go:** Learn to release negative feelings quicker.
- **Journaling:** Notice and cherish the good in your world by writing it down.

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# Conclusion

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Life has its tough moments.  
Seeing the bright side helps you get  
through them with ease.

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ESSP Representative for resources.

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ALWAYS  
LOOK  
ON THE  
*bright*  
SIDE  
— OF LIFE —