

# THE SCIENCE OF **OPTIMISM**

Optimism is the engine of resilience, driving the ability to bounce back from setbacks and to persevere through challenges.

Research links optimistic thinking with benefits that extend far beyond feeling positive:

- ✓ Improved mental health.
- ✓ Enhanced physical health.
- ✓ Effective leadership.
- ✓ Increased success.

## **Cultivating Optimism**

Here are some evidence-based strategies.

- ✓ Challenge negative thoughts.
- ✓ Practice gratitude.
- ✓ Visualize desired outcomes.
- ✓ Sustain healthy habits.



**DIRECTORATE OF  
PREVENTION, RESILIENCE  
AND READINESS**

For more ways to strengthen your resilience, connect with us at:  
[www.armyresilience.army.mil](http://www.armyresilience.army.mil)



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