

Wellbeing Tip of the Week

By Iris, Christ Church NW3 Primary School

Be an Optimist!



Focus on the good things in life even when you are going through a hard time. It can really help you keep things in perspective and even when something bad happens, it can help you to move on.

It is good to be an optimist when...

- Something sad has happened, such as, a friend moving away
- You are in a new place or things have changed for you
- Something goes wrong and you are frustrated

Tips for being an optimist

When something bad happens, acknowledge it as a bad thing, but also look for the good in the situation. Sometimes there may not be good things right in front of you but if you try not to think about it and carry on then you may find the good. Being an optimistic person also helps if you are in a new situation or place. It is good to approach things with a positive attitude instead of immediately assuming that it is something bad.