

# HOW TO STAY OPTIMISTIC WHEN EVERYTHING SEEMS TO BE WRONG BY KRISTIN WONGG

With the endless flow of negative news that pushes our mental health to the brink, it looks quite impossible to talk about optimism at the moment.

Maybe you are worried about losing your job, your house a loving person.

Maybe it already happened to you. Maybe you feel helpless or overwhelmed. However, in essence, the optimism does not require you to hide those negative feelings of anxiety.

The optimism is simply to have hope in the future, even when the present time seems totally negative. Cognitively, this is a challenge, because it requires you to recognize your positive and negative emotions at the same time, allowing them to coexist.

Meaning, we must be even more attentive to our emotional state. When we do that, we are able to overcome more quickly our stress, discomfort or pain.

That is why it is vital to express our feelings to our environment, to give us self-care and reflection spaces, most of all, we must increase our inner dialogue; listen to us and follow our needs it is vital to be able to recognize our strength and to find new tools to help us to calm down our anxiety or fear.

Basically, optimism consists in allowing ourselves to have hope, even if you feel extremely anxious, unhappy or fearful. This is not about ignoring your negative feelings about crisis, but to find a way to keep from being overwhelmed.



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<https://es-us.noticias.yahoo.com/seguir-optimista-mal-214037470.html>