

Optimism in Life

DATE
DAY MONTH YEAR

- TS: The optimism in life brings mental peace and satisfaction
- SS1. First, it helps to improve quality of life. As optimists are positive thinkers they tend to worry less about the challenges and hardships and they notice good things which increase their longevity.
- SS2. Second, it provides greater social support. Because optimism creates positive attitude in individual's personality which really helps him to adapt and make stronger bond with others and enlarges one's social connections.
- SS3. In addition, optimism constructs happier and less distressful society. According to World Happiness Report 2022; Finland is happiest country in the world because its people are more optimistic and possess greater quality life.
- SS4. Finally, optimism stressed on brighter side of the problems. Many studies in Psychology found that optimistic and resilient people use positive emotions to rebound from, and find positive meaning in, stressful encounters.
- CS. These attributes exhibit that Optimism plays a significant role in generating more peaceful and satisfied life.

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