

On Being Pessimist

I. Introduction

ToS: Pessimistic nature is drawn from biological, Psychological and sociological factors; impacting individual, societal, national and international level, while it can be tackled by recommendations.

II. What are the reasons of Being Pessimist

- a) Biological Factor
- b) Psychological Factor (past Experiences)
- c) sociological Factor/
Environmental

III. Impacts of Being Pessimist

- a) Individual level (Depression, ^{Health} Anxiety)
- b) societal level
- c) national level
- d) International level

IV. Recommendations for Pessimist

- a) Optimistic approach by identifying strengths
- b) Engaging with optimists
- c) Practicing mindfulness activities
- d) Hopeful Thinking

V. Conclusion