

On Being Pessimist

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 ✓

taking pragmatic measures

III. Impacts of Being Pessimist

- a) Individual level (Depression, ^{Health} Anxiety) ✓
- b) Societal level ✓
- c) National level ✓
- d) International level ✓

These are very generic arguments, be more specific and clear in your arguments

IV. Recommendations for Pessimist

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

V. Conclusion