



MAKE OPTIMISM YOUR WAY OF LIFE

A POSITIVE ATTITUDE IS A GREAT HELP

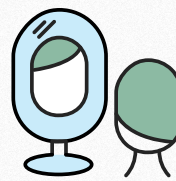
1.



Think positively

This is key and will help you appreciate small moments.

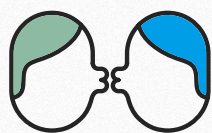
2.



You are individual

Don't make comparisons, love yourself and appreciate your qualities.

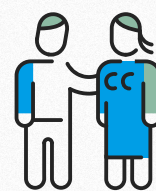
3.



Kiss me often

Kisses improve our mood and work as natural antidepressants. At the same time they open our blood vessels and therefore any pain.

4.



Hug your friends and family

Hugs increase our serotonin levels and we gradually recover a good mood.

5.



Enthusiastically set attainable targets

Ensure they are in line with your capabilities, such as exercising or taking up a hobby.

6.



Smile, even if you don't feel like it

When we smile, the brain secretes endorphins that alleviate pain and reduce depression.

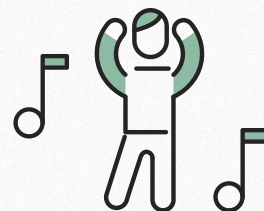
7.



Enjoy open-air activities

They reduce blood pressure, blood glucose levels and stress

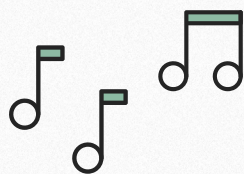
8.



Dance and feel happy

It helps to prevent depression, improves self-confidence and self-esteem and eliminates stress.

9.



Move to the beat

Music makes the body release endorphins and therefore it reduces chronic pain, blood pressure, migraine and stress.

10.



Live for the here and now

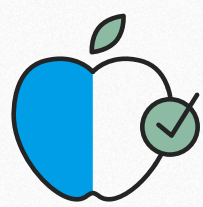
Try not to worry too much about the past or the future.

Did you know that...



- ✓ Chronic fatigue is 10 times more common in women than men and affects people aged between 20 and 40 years.
- ✓ Our age and genetic and environmental factors are the main determinants in its appearance.
- ✓ It is difficult to diagnose because there is no clinical test. It is identified according to some criteria established by the World Health Organization (WHO).
- ✓ A balanced diet, moderate exercise and appropriate medication collectively form the most effective treatment.
- ✓ Chronic fatigue syndrome is not the same as fibromyalgia, their symptomologies are different.

Reinforce your attitude



Eat well.

Follow a diet with minimal processed food that has been personalised in order to obtain adequate weight control.



Good quality sleep.

Sleep at the same time, minimise daytime naps, avoid caffeine and other stimulants and practice relaxation techniques.



Move your self.

Walk or swim for short periods without over exerting yourself to improve the symptoms of CFS.