

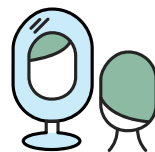
Make optimism your way of life

A positive attitude is a great help



Think positively

This is key and will help you appreciate small moments.



You are individual

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



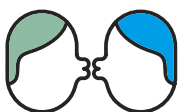
Enthusiastically set attainable targets

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



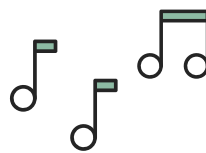
Hug your friends and family

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



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.



Move to the beat

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



Enjoy open-air activities

They reduce blood pressure, blood glucose levels and stress



Live for the here and now

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



Smile, even if you don't feel like it

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



Dance and feel happy

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