**Is it better to be an optimist or pessimist?**

All people are different. And we can react differently even to identical situations. So, that defines either you are an optimist or pessimist. However, most of us have something from both sides. But is it better to be an optimist or pessimist? Let’s find out.

First of all, let’s talk about health. Our mood and emotions have a huge impact on our health condition. And most of specialists are agree that it’s much better to be an optimist because if you’re that kind of person you’re less likely to experience frustration and stress.

The same for social life. Most people love positive and cheerful person. So, if you are looking for new friends and more social interaction, then it is better to be optimist.

Although it’s hard to tell which attitude best influences study or work, because if you’re too pessimistic you might not enough ambition to move forward, on the other hand, optimists are more likely to overestimate themselves.

In conclusion, we must say that the most tempting option is to be somewhere between optimism and realism.