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*Plenary sitting*

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**B9-0127/2020**

5.3.2020

## **MOTION FOR A RESOLUTION**

pursuant to Rule 143 of the Rules of Procedure

on European Optimism Day

**Ruža Tomašić, Andris Ameriks, Romana Tomc, Rosanna Conte, Tonino Picula, Maria Grapini, Željana Zovko, Sunčana Glavak, Emmanouil Fragkos, Biljana Borzan, Elżbieta Katarzyna Łukacijewska, Nicola Procaccini, Ivan Vilibor Sinčić, Jadwiga Wiśniewska, Anđelika Anna Możdżanowska, Margarita de la Pisa Carrión, Eugen Tomac, Valdemar Tomaševski**

**B9-0127/2020**

**Motion for a European Parliament resolution on European Optimism Day**

*The European Parliament,*

- having regard to Rule 143 of its Rules of Procedure,
- A. whereas optimism is a measurable economic category with a direct impact on general economic activity; whereas research by the World Health Organisation (WHO) shows that depression and anxiety disorders cost the world economy USD one billion annually;
- B. whereas, according to the WHO research, by 2030 depression will have become the most widespread illness in the world; whereas the number of people with depression and anxiety disorders is dramatically increasing every year, from 416 million diagnosed in 1990 to 615 million in 2013; whereas the findings suggest that an optimistic mindset is associated with lower cardiovascular risk, and that promoting optimism and reducing pessimism may be remarkably important in terms of preventive healthcare;
- 1. Calls on the Commission to designate 27 May as ‘European Optimism Day’, the key goal of which would be to promote optimism as a means of creating a better social climate, a healthier way of life and overall prosperity and well-being.