

of the Week...

Stress Busting Suggestions

Change your mind by noticing how your thinking makes you feel stressed.

Practice taking deep breaths and letting go of worry.

If there's something you can do about what you're worried about...do it and stop worrying about it. And, if there's nothing you can do about what you're worried about, why worry about it?

Looking on the Bright Side Has Health Benefits

In an article first published online on April 12, 2013 in the journal, *Personality*, most people are more positive than negative in their outlook.

In analyzing data from 150,000 people, the researchers found that 89% believed that their future would be good or, at least better, than their current situation.

And, it's not how rich you are or where you live. They found that factors like age, income, level of education and gender had a smaller than expected impact on a person's level of optimism. That means that how you look at the world and your circumstances within it are largely an inside job.

In other words, happiness comes from within you and that having a self-generated positive

outlook was associated with improved physical health. Here are some benefits they found from looking on the brighter side of life:

1. "The evidence suggests that people who are happy and optimistic are more likely to engage in healthy behaviors, like doing physical activity, eating healthy foods and getting enough sleep."
2. It also shows an association between positivity and measurable biological factors, like lower blood pressure and healthier lipid profiles.
3. Upbeat thoughts had a positive effect on physical recovery from stressful events.
4. They found that students had different levels of immune system response based on how positively their thoughts were.

The Bottom Line...The Bottom Line...The Bottom Line...

According to *Psychology Today*, optimists tend to try and make lemonade out of lemons. They tend to see the glass half full or completely full when others may see it as half empty.

"Optimists consistently ascribe benevolent motives to others and interpret situations in the best possible light, others simply disassociate their internal mood from external circumstances, no matter how sticky." Since where your mind goes is up to you, steer the right course.

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