

SUNDAY MORNING

HEALTH CORNER

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The Long-Term Effects of Positive Thinking

Positive thinking is an optimistic approach to focusing on the good in any situation. Positive thinking helps eliminate the pessimistic thoughts that may occur in our brains as we go through the motions of life. According to The Mayo Clinic, more optimism in life often positively impacts our mental and physical health.

Health Benefits of Positive Thinking



Longer Life Span



Better Stress Management and Lower Rates of Depression



Increased Psychological and Physical Well-Being



Better Cardiovascular Health and Reduced Risk of Heart Disease.



Lower Blood Pressure

Practice Positive Thinking

Surround yourself with positive people. Ensure those in your life are positive, supportive people you can depend on to give helpful advice and feedback. Negative people may increase your stress level and make you doubt your ability to manage stress in healthy ways.

Follow a healthy lifestyle. Aim to exercise for about 30 minutes on most days of the week. You can also break it up into 10-minute chunks of time during the day. Exercise can positively affect mood and reduce stress. Follow a healthy diet to fuel your mind and body and learn techniques to manage stress.

Be open to humor. Give yourself permission to smile or laugh, especially during difficult times. Seek humor in everyday happenings. When you can laugh at life, you feel less stressed.



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IN GILEAD™
INC.

www.balmingilead.org

620 Moorefield Park Drive, Suite 150
Richmond, VA 23236
804.644.2256