

# SUNDAY MORNING Health Corner

## 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 pessimistic thoughts that may occur in our brains as we go through the motions of life. According to The Mayo Clinic, a more optimistic approach to life 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



## How To 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 levels, causing you to 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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