A POSITIVE OUTLOOK MAY BE GOOD FOR YOUR HEALTH

There is no longer any doubt that what happens in the brain influences what happens in the body. When facing a health crisis, actively cultivating positive emotions can boost the immune system and counter depression. Studies have shown an indisputable link between having a positive outlook and health benefits like lower blood pressure, reduced risk of heart disease, better weight control, and healthier blood sugar levels.

Try learning at least three of the eight skills below and practice one or more each day:

- Recognize a positive event each day.
- Savor that event and log it in a journal or tell someone about it.
- Start a daily gratitude journal.
- List a personal strength and note how you used it.
- Set an attainable goal and note your progress.
- Report a relatively minor stress and list ways to reappraise the event positively.
- Recognize and practice small acts of kindness daily.
- Practice mindfulness, focusing on the here and now rather than the past or future.

Source: The New York Times, Well