

Defining Positivity

Positivity is defined as the practice of being or tendency to be positive or optimistic in attitude. Positive thinking and confidence can improve your happiness, resiliency to challenges, overall success, and health.

Research suggests that individuals with a family history of heart disease are one-third less likely to have a heart attack or other cardiovascular event if they also have a positive outlook. Positivity may not always be easy, but the impact can be life changing.

“A man is but the product of his thoughts. What he thinks, he becomes.”

—Mahatma Gandhi

Health Benefits of Positive Thinking

- **Increased life span**
- **Lowered rates of depression**
- **Decreased levels of distress**
- **Enhanced resistance to the common cold**
- **Improved psychological and physical well-being**
- **Increased cardiovascular health and reduced risk of death from cardiovascular disease**
- **Improved coping skills during hardships and times of stress**

Resources

- www.hopkinsmedicine.org
- www.apa.org
- www.mayoclinic.org

For more information visit WellnessCoachesUSA.com

Boost Your Bright Side

Short-Term Actions for Long-Term Results



- **Smile More** — Studies show that people who smiled (even fake-smiled) during a stressful task felt more positive afterwards than those who didn't.



- **Reframe Your Situation** — When faced with a challenge, try to acknowledge something good about the situation rather than focusing on the negative.



- **Explore Other Viewpoints** — Try to understand the many different reasons that specific challenges arise, other than “this always happens to me.”



- **Express Gratitude** — Acknowledging what you are thankful for forces you to pay attention to what is good in your life.



- **Listen to Music** — Studies show that music influences your emotions and feelings and has a positive effect on blood pressure and heart rate.



- **Surround Yourself with Positive People** — Positive attitudes can be contagious. Spending time with positive people can influence you to feel the same way. The same is true with negativity.



Coach's Corner

How do you view this image? Why?

