



## THE POWER OF OPTIMISM

*When you're feeling happy, you carry yourself differently. You have a spring in your step, smile easily, interact with others in a friendly way, have more patience, and are more open to new experiences.*

*Below you will see six methods to help you move towards positivity and optimism. Try one. Try all six. Find what works for you and reap the benefits of joyful perceptions.*



# POSITIVE PERCEPTION

◀ SEE THE BEAUTY OF OPTIMISTIC LIVING ▶

Optimism and positivity create a long list of benefits in the body:

Lower blood pressure

Less pain

Fewer colds

Lower disease risks

Better sleep

Better stress management

Achievement of more goals

Ability to overcome obstacles more easily

## RETRAIN YOUR BRAIN TOWARDS A POSITIVITY BIAS.

- 1. Gratitude**  
Expressing gratitude is one of the easiest ways to shift our perceptions from the negative towards the positive. Not surprisingly, numerous studies attest to its benefits.
- 2. Meditation/Mindfulness**  
Meditation, generally, and mindfulness, specifically, is best practiced with help from others. There are so many sources available, from books to classes to apps, so I do some research and then simply try it. Try to meditate a few times a week, even if it only for 15 minutes each time. Eventually, work up to meditating every day, if possible, for maximum benefit..
- 3. Exercise**  
Exercise is not only good for your body, but it is good for your state of mind. The 2018 Physical Activity Guidelines suggest:
  - 150 minutes of moderate aerobic activity a week
  - Any activity is better than no activity
  - Exercise needs to be regular and consistent for the best result
- 4. Manage the Negativity Spinout**  
Anxiety and worry can stir up an enormous amount of negativity if left unchecked. There are two situations in particular where these feelings can spin out of control: a distressing event and an uncontrollable situation. Both are manageable, and the key is to not let the negativity run amuck and leave you in a constant state of worry and despair.
- 5. Kindness**  
A University of British Columbia study showed that a group of highly anxious individuals, who performed at least six acts of kindness a week for one month, experienced a significant increase in positive moods and relationship satisfaction and a decrease in social avoidance. So get out there and be kind.
- 6. Affirmations**  
Affirmations are positive statements that encourage an optimistic mindset, motivate you, inspire positive changes, or boost self-esteem. The key to affirmations is repetition. When you feel differently about something, you will start to think, believe, and act differently about it and positivity can manifest.

