

News Column for Use Week of 4/15/19

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## **Look on the Bright Side**

Live, laugh, love is one of my favorite sayings. It signals looking on the bright side of life no matter the challenge. Having a positive attitude, no matter whether the skies are gloomy or bright. A positive attitude can affect your health.

The connection between the mind and body is so strong. An overall positive attitude including an upbeat outlook on life, can affect overall happiness, health and well-being. Researchers continue to explore the effects of positive thinking and optimism on health.

Lower rates of depression, lower levels of distress, greater resistance to the common cold, better psychological and physical well-being, reduced risk of death from cardiovascular disease, better coping skills during hardships and times of stress, and living longer are some health benefits of positive thinking. It's unclear why people who engage in positive thinking experience these health benefits.

One theory is that having a positive outlook enables a person to cope better with stressful situations and reduces the harmful health effects of stress on your body. It's also thought that positive and optimistic people tend to live healthier lifestyles. They get more physical activity, follow a healthier diet, and follow healthy habits. Being more positive across the lifespan causes less stress and enables people to live healthier, happier lives.

Accepting Change – Being able to accept and adapt to change plays an important role in having a positive attitude, especially as life is filled with ups and downs. A positive attitude allows a person to meet challenges, both good and bad, with less resistance. Then, you are much more open to learn from your mistakes and decide what it is you may want, or see the possibility of new or better opportunities. I like to call them adventures.

A person who approaches change with rigid thoughts or feelings of apprehension may find strain and stress are more likely to result, leaving the person overwhelmed and more susceptible to a sense of failure and even depression. A plaque given to me says, "Some days you have to create your one sunshine!" You accept the change and modify your attitude of it. Embracing change is the healthy thing to do.

No matter what challenges you face or what life throws at you, you can always work on choosing to be happy. Happiness goes along with a positive attitude.

Start your day on a positive note. Embrace life's challenges. Surround yourself with positive people. Look for the good in people. Be gracious, helpful, and kind. Thank people for helping you. Take good care of yourself. Focus on the good in your life. Have fun!

Enjoy your Easter with family and friends!