

# HEALTHFUL TIPS

## Think Positive-Be Positive

*Using positive self-talk to redirect your attitude and actions!*

A positive attitude can improve the quality of your life and improve your health. You won't believe what studies indicate a positive attitude will do for you:

- increase your life span
- reduce your risk of depression
- reduce feelings of distress
- provide greater resistance to the common cold
- improved mental and physical well-being
- provide better coping skills for times of stress and hardship

**Wow!** So, what is it about a positive attitude that reaps all of these health rewards? It's thought that a positive attitude lessens the harmful effects of stress through better coping skills. It doesn't mean that less-than-pleasant situations are ignored, but rather approached in a more positive and productive way. Positive people are also generally thought to be more physically active, eat a better diet, and avoid smoking and drinking alcohol in excess.

Positive thinking starts with positive self-talk—you know, the endless stream of automatic thoughts that run through your head. You can learn to turn negative thinking into positive thinking; here are some examples to get you going.

Your **SUBCONSCIOUS MIND** is always **LISTENING** to and **BELIEVING** in **EVERYTHING** you repeatedly **SAY ABOUT YOURSELF**. So try not to become your own enemy of **PROGRESS**.

Edmond Mbiaka

INSTEAD OF...	THINK...
I've never done it before...	It's an opportunity to learn something new.
It's too complicated...	I'll tackle it from a different angle.
I don't have the resources...	Necessity is the mother invention.
I'm too lazy to get this done...	I wasn't able to fit it into my schedule, but I can re-examine some priorities.
There's no way it will work...	I can try to make it work.
It's too radical a change...	Let's take a chance.
No one bothers to communicate with me...	I'll see if I can open up the channels of communication.
I'm not going to get any better at this...	I'll give it another try.
I'll never be able to lose weight like that person...	I wonder what I can learn from his/her experience. If they can do it, then, I can too.
Eating healthy is too difficult...	I'm worth making the effort to select healthy foods.
I'm such a failure...	I've learned from my mistakes and I'm ready to be successful.
I can't...	I can and I will.

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