

## **Healthy Aging Tip: The Power of Positive Thinking**

Are you a "glass half empty" or a "glass half full" kind of person? Research shows that looking at the positive side of things is better for your health - optimists have been shown to do better than pessimists in almost every aspect of life, including how well their immune systems function. If you tend to be negative, there is good news: Optimism can be learned. The process begins with the identification of self-defeating thoughts. Once you become aware of habitual thoughts that lead to negative emotions, you can begin to substitute positive ones. For example, whenever you notice yourself ruminating on a negative theme like, "I am just not good enough and this latest setback just confirms it," you can consciously substitute, "This setback is just something that happened; I will get through it, because I am capable and resilient." To develop a more positive state of mind, keep a watchful eye on your pattern of thinking and substitute positive thoughts for negative ones.