

# Op • ti • mism

MARCH 2017

*Hopefulness and confidence about the future or the successful outcome of something.*



Are you a “Glass Half Full” type of person? If so, you may be on track to live a long and healthy life. Optimism is a mental attitude that greatly effects both physical and mental health. Here are some health characteristics, determined by research, commonly found in optimistic people.

**Healthier Hearts:** Mental well being is linked to a reduction in heart attacks and strokes. Individuals who are happy and optimistic are more likely to engage in healthy behaviors that help lower blood pressure.



## **Better Cholesterol & Blood Pressure:**

Keeping an upbeat state of mind may be helpful in lowering your cholesterol levels. Some studies show that on average, people with the most positive emotions had the lowest blood pressures.



## **Improved Stress Management:**

Optimists tend to have better coping strategies when it comes to dealing with stress. They focus more on the problem and often use “adaptive strategies” of acceptance, humor or positive re-evaluation of the situation.



**Increased Immunity:** The more positive thoughts you think the stronger presence of immune cells in your body. This helps to increase immunity and helps fight off illnesses.



**Longer Life Span:** Optimistic people end up having longer, healthier lives and a decreased risk of mortality compared to pessimists.



 — TRUST —  
wellness



Sources: WebMD; Harvard Health; Huffington Post