

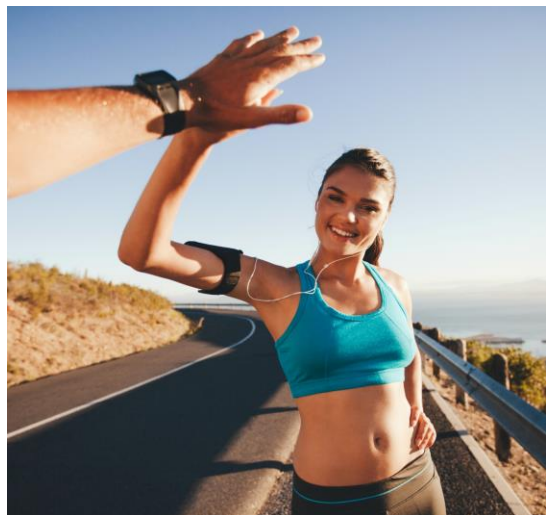
The Power of Positive Thinking

Is your glass ½ empty or ½ full? The way you answer this question may have a significant influence on your mental and physical health.

Positive thinkers (optimists) tend to have an increased life span, 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, and better coping skills during hardships and times of stress.

If you are currently a negative thinker (pessimist), do not despair. Here are some ways to think and behave in a more positive and optimistic way:

- **Identify areas to change.** If you want to become more optimistic and engage in more positive thinking, first identify areas of your life that you typically think negatively about, whether it's work, your daily commute, or a relationship. You can start small by focusing on one area to approach in a more positive way.
- **Check yourself.** Periodically during the day, stop and evaluate what you're thinking. If you find that your thoughts are mainly negative, try to find a way to put a positive spin on them.
- **Be open to humor.** Give yourself permission to smile or laugh, especially during difficult times. Seek humor in everyday happenings. When you can laugh at life, you feel less stressed.
- **Follow a healthy lifestyle.** Exercise at least three times a week to positively affect your mood and reduce stress. Follow a healthy diet to fuel your mind and body. Also, learn techniques to manage stress.
- **Surround yourself with positive people.** Make sure those in your life are positive, supportive people you can depend on for helpful advice and feedback. Negative people may increase your stress level and make you doubt your ability to manage stress in healthy ways.
- **Practice positive self-talk.** Start by following one simple rule: Don't say anything to yourself that you wouldn't say to anyone else. Be gentle and encouraging with yourself. If a negative thought enters your mind, evaluate it rationally and respond with affirmations of what is good about you.



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