

#### **4. Exercise.**

Aerobic exercise releases endorphins — substances that produce feelings of satisfaction and wellness — which reduces stress, depression and anxiety. Exercise can also produce feelings of mastery and accomplishment while reducing irritability and anger.

#### **5. Eat well.**

Both your body and your mind need good nutrition to run efficiently. Eating a diet rich in fruits, vegetables and grains can improve the way you feel.

#### **6. Get plenty of rest.**

Sleep refreshes you. It improves your attitude and gives you energy for physical activity and coping with stress.

#### **7. Reduce stress.**

Eliminating stress and conflict in your life can be exhilarating. Identify the areas of your life that cause you the most stress, then simplify.

#### **8. Get organized.**

Having control of your life may be just what you need to feel happy about it. Do all you can to keep your life as organized and free of chaos as possible.

#### **9. Take a step back.**

Write down all the good things about your life. If your list is short, add a section of new goals you'd like to achieve. Focus on being satisfied with the life you have — your health depends on it.

#### **Come on, get happy**

Life inevitably presents challenges and frustrations. It's up to you to look for ways to improve the quality of life enhance your overall well being.

To find out other ways in which to stay healthy speak to the Chiropractors at:

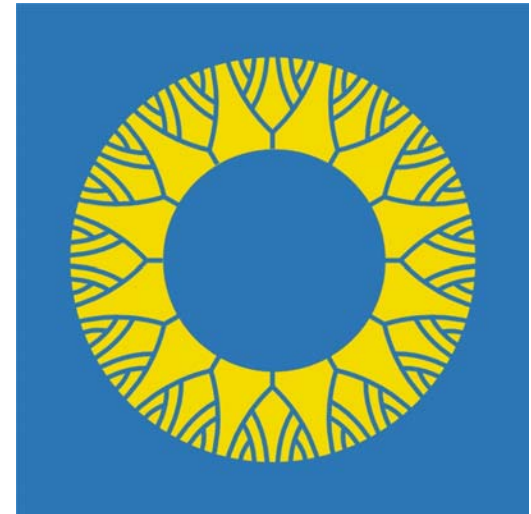
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## **POSITIVE ATTITUDE**



## **PETROZZI HEALTH**

People with positive attitudes generally enjoy life more, but are they any healthier? The answer is "yes." People with positive attitudes are more likely to overcome pain and adversity in their efforts to improve their quality of life.

Studies have shown that people who expect misfortune and who only see the darker side of life don't live as long as those with a more optimistic view. Besides living a longer life, researchers found other health benefits related to positive attitude. In the study, optimists reported:

- Fewer problems with work or other daily activities because of physical or emotional health
- Less pain and fewer limitations due to pain
- Less interference from physical or emotional problems when engaging in social activities
- Increased energy
- Feeling more peaceful, happier and calmer.

So your body responds to your thoughts, emotions, and actions. In addition to staying fit and eating right you can use the following nine methods to help maintain your health and positive attitude:

### **1. Create positive expectations for health and healing.**

Changing your expectations from negative to positive may enhance your

physical health. Here's how to make the change:

- Stop all negative self-talk. Make positive statements that promote your recovery.
- Send yourself a steady stream of affirmations. An affirmation is a phrase or sentence that sends strong, positive statements to you about yourself, such as "I am a capable person" or "My joints are strong and flexible."
- Visualize health and healing. Add mental pictures that support your positive affirmations.
- Don't feel guilty. There is no value in feeling guilty about health problems. While there is a lot you can do to reduce your risk for health problems and improve your chances of recovery, some illnesses may develop and persist no matter what you do. Some things just are. Do the best you can.

### **2. Open yourself to humour, friendship, and love.**

Positive emotions boost your health. Fortunately, almost anything that makes you feel good about yourself helps you stay healthy.

- Laugh. A little humor makes life richer and healthier. Laughter increases creativity, reduces pain, and speeds healing. Keep an emergency laughter kit that contains funny videotapes, jokes, cartoons, and

photographs. Put it with your first-aid supplies and keep it well stocked.

- Seek out friends. Friendships are vital to good health. Close social ties help you recover more quickly from illness and reduce your risk of developing diseases ranging from arthritis to depression.
- Volunteer. People who volunteer live longer and enjoy life more than those who do not volunteer. By helping others, we help ourselves.
- Plant a plant and pet a pet. Plants and pets can be highly therapeutic. When you stroke an animal, your blood pressure goes down and your heart rate slows. Animals and plants help us feel needed.

### **3. Appeal to a higher power.**

If you believe in a higher power, ask for support in your pursuit of happiness and health. Faith, prayer, and spiritual beliefs can play an important role in recovering from an illness and staying healthy.

Your sense of spiritual wellness can help you overcome personal trials and things you cannot change. If it suits you, use spiritual images in visualizations, affirmations, and expectations about your health and your life.