

VitaMin

Vital health information in a minute



Ring in the New Year with a positive attitude

Always look on the bright side.

Thinking good thoughts can do good things for your health. Positive thinking can help you heal faster, feel less pain and respond better to medical treatments. It can even help you live longer.

Three ways you can think positively:

1. Trade in negative thoughts for positive ones.

It may sound silly, but telling yourself you feel good will actually help you feel good. You can even try telling yourself things like, “I am strong and powerful” and picturing a healthier version of you. It can really make a difference.

2. Do good. Feel good.

Doing good leads to feeling good. And that can lead to a healthier you. Laugh more, surround yourself with friends, and volunteer your time helping others. It’s amazing what doing good can do for your spirits.

3. Look for the good.

You may find yourself in a situation you don’t like. But try to find the good in it, anyway. Sometimes a bad situation can turn out to be a blessing in disguise.

Get happy and healthy

When you get more physical activity, you’re happier and more productive. Here are some fun activities you can do:



Take a brisk walk



Go ice skating



Play ping pong



Go dancing



Play volleyball



Join a yoga class

GO YOUSM



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