

The average person has about 60,000 thoughts a day



## How many of yours are positive?

Studies show that the personality traits—optimism and pessimism—can affect how well you live and even how long you live. Researchers continue to explore the effects of optimism on health. Those who look at the “glass as half full” may experience:

- Decreased stress
- Greater resistance to catching the common cold
- Reduced risk of coronary artery disease
- A sense of well-being and improved health
- Living longer
- Better coping skills

Take steps today to reverse negative thoughts and accentuate the positive for improved quality of life.



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*Sources: The University of Texas MD  
Anderson Cancer Center; Mayo Foundation  
for Medical Education and Research*

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