

MedBen

WellCare

benefitness for you.

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An Optimistic Outlook on 2017

For most, a new year brings new resolutions. Year after year, weight-related goals are among the top resolutions. Unfortunately, only 8% of all resolutions are achieved. But what if you veer from the traditional route and don't focus on diet and exercise to improve yourself, but rather simply be optimistic?

Oftentimes, we think of these as two separate subjects: your physical health and your mental attitude. However, studies have shown that poor mental attitude can decrease physical health and vice-versa. Why is that?

One such study found a link between increased levels of optimism and decreased risks of death from cancer, heart disease, stroke, respiratory disease and infections. Another proved that being optimistic lowers stress levels and increases the immune system, thus decreasing the chance of developing negative physical health conditions in the first place. And, you may find it noteworthy that for every 10 positivity points a person had in optimism, their risk of early death decreased by 19%.

While being optimistic is great, MedBen WellLiving suggests that in addition, you seek guidance from your family physician during an annual wellness exam to help ensure your health is on the right track this year.

So as you enter 2017, think about what resolutions you want to set. No matter what you choose (i.e., weight, financial, travel), remember that looking at the glass half-full may help you achieve that goal.



C'mon, Get Happy!

There are a lot of ways that individuals can reduce stress. Feel free to try some of these.

- Studies show that spending money on experiences over material items will bring greater joy.
- Write it down! Keeping a journal can help to clear your mind and improve your mental well-being.
- Consider limiting the time spent with others who are chronically unhappy.
- Focus on your strengths and recite them internally.
- Your body has internal stress fighters: the mind and the lungs. Just breathe!
- Go for a walk... outside.
- Unplug from the media for awhile. All of the negativity can really impact your day.
- Listen to relaxing music. It can reduce stress by nearly 65%.

SOURCES: Forbes Magazine, Statisticbrain.com, Huffington Post, Pursuit-of-Happiness.org, New York Times