# Think Positive

## CHALLENGE
Train your brain to think positive

## Requirements to complete this HEALTH CHALLENGE™

1. Read "Think Positive."
2. Create a plan to think positive daily.
3. Keep a record of your completed health challenge in case your organization requires documentation

Olympic skier Jackie Wiles topped 80 miles per hour on a downhill course in a World Cup Race. She hit turn after turn perfectly using her skis, poles, and body.

A week later, she was racing against the best downhill skiers in the world. And then something happened.

At the peak of her career as a world-class athlete, Wiles lost her balance. She spun out of control and veered off course.

When race officials reached her on the snow-covered slope, she couldn't walk. The impact tore ligaments, broke two bones in her leg, and caused other injuries.

Even before surgery, Wiles knew she had a choice. Give up, quit skiing, and do something else. Or focus on getting better and stronger to ski like a pro again.

What would you do? Dwell on the negative or focus on the positive?

Positive thinking can actually improve your mood, support good health, and help you live longer. Give it a try. Take the month-long health challenge to Think Positive.

Giving thanks can make you happier
http://tinyurl.com/yctbfmyd

### The Power of Positive Thinking

Fact or fiction: Is positive thinking good for your health. Take the quiz to find out.

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|---|---|---|---|
| 1. | ☐ | ☐ | People with a positive outlook on life have a lower risk of heart disease than those who focus on the negative. |
| 2. | ☐ | ☐ | Stress and negative thinking don't really impact blood pressure. |
| 3. | ☐ | ☐ | A little exercise or meditation can boost your mood and help you feel better. |
| 4. | ☐ | ☐ | People who focus on the positive tend to live longer and have a lower risk for chronic disease than those who don't. |
| 5. | ☐ | ☐ | Positive thinking improves brain function, memory, and problem-solving skills. |

How did you do? Skipping breakfast might save you calories. But if you don't have a plan, you're more likely to eat junk food later. Not all oatmeal and cereals are the same. Some are loaded with sugar and empty calories. Starting the day with a healthy breakfast can have a positive impact on your health.

Answers: 1. True 2. False 3. True 4. True 5. True.

## 9 Health Benefits of Positive Thinking

After the ski slope crash, Jackie was taken away on a stretcher. She needed surgery to repair torn ligaments, broken bones, and damage to her knee. Then came physical therapy. Every step of the way to recovery, she's focusing on the positive.

"Scars tell stories and show what I've been through and the strength from within," says Jackie. "I'm going to come out stronger from this."

And she did. She recently competed in the 2022 Winter Olympics in the Women's Alpine Skiing Downhill event.

It's good to focus on the positive or look on the bright side, even when things go wrong. It can improve your health and quality of life in many ways, such as:

- Lower the risk for heart disease[1]
- Help you live longer[2]
- Bounce back from negative events faster
- Improve well-being and quality of life[3]
- Support and protect the immune system[4]
- Reduce blood pressure[5]
- Supports healthy relationships[6]
- Protect brain function and memory as you age[7]
- Reduce worry, stress, anxiety, and depression[8]