

Age-Defying & Disease Defence Plan

Strategy #2 – Create a Positive Mind-Body Link

In the relatively new field of psychoneuroimmunology, increasing important links are being discovered between healthy mental and emotional balance and positive immune system functioning.

The balance suggests that the way we think and react emotionally on a daily basis can have a profound effect on the functioning of the immune system and the average quality and quantity of health enjoyed.

So, practice positive thinking and take a couple of deep breaths before you react to daily stresses. Try laughing daily to reduce stress hormones.

The **power of a positive attitude** is unlike anything else and it's also contagious!

- You will attract others who think the same way and therefore surround yourself with positive, healthy people who want to lead a healthy life.
- This sort of attitude is essential to maintaining a healthy weight because there is always a reason to give up or let yourself lose focus but you yourself can help yourself by reminding yourself of what makes you happy, the things you have in your life that are worth appreciating.
- Everyone is dealing with any number of stressors or challenges but by choosing a positive outlook on life you are really choosing to go through life in a more enjoyable way.
- When you need motivation to stay on track and get to the gym or stay active, eat right etc., be your own motivator by practicing positive self-talk.
- Look for the good in everything and you will find it.
- Relax....our bodies can't tolerate high stress hormones for long! Practice things you enjoy that you can feel good about.

Make a VISION/GOAL BOARD:

This is an easy way pictures can be displayed on a board representing positive things and goals for you. Make one with your family too! Replace pictures with others once accomplished! Writing down goals is also great – either write them down or find a picture to represent it! Keep your vision board in a visible place so you're always reminded as to what your goals are and what makes you happy.

