

# ***BETter Living ...***

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## **Keys to Embracing Aging – Positive Attitude**

Have you heard the phrase, attitude is everything? Attitude impacts your mental health and physical functioning, including the ability to fight disease. Positive Attitude will be the first of twelve keys that we will explore. Being more positive across the lifespan causes less stress and enables people to live healthier, happier lives.

### **Attitude affects:**

- how successful you are in achieving your academic, work, and personal goals
- how you feel and look mentally and physically
- what you do and say

### **Do you have a positive attitude?**

- Are you optimistic, easygoing, or extraverted?
- Are you willing to learn, no matter how difficult it is?
- Do you laugh a lot or have a sense of humor by not taking yourself too seriously?
- Do you express emotions rather than bottle them up?
- Do you do your best when studying or working and try to improve how you do your work?
- Do you demonstrate enthusiasm in whatever you say and do?
- Do you welcome challenges, experiments, or try new ideas?

### **Develop a positive attitude:**

- Be confident
- Be positive
- Be patient
- Be a goal-setter
- Be a hard-worker
- Be fun (don't take yourself too seriously)
- Be accepting of change

### **Happy people:**

- build close relationships
- care for others
- engage in healthy, active lifestyles
- embrace spirituality
- practice positive thinking
- embrace a hobby or activity
- identify strengths

Everyone has a bad day, but in general, a positive attitude and happy outlook can help pull you through life's challenges. Having an upbeat and proactive outlook on life over time can also contribute to better health and optimal aging, including longevity.

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