

Positive Attitude Leads to Better Health and Longevity

By Vanessa Valerio



A holistic definition of health does not limit health to its physical and mental aspects but rather views health as a state of being—an attitude.

Studies have shown the benefits of having a positive attitude. According to research in the October 2011 issue of *Psychosomatic Medicine*, individuals with a positive, optimistic attitude have lower levels of inflammation and heart disease risk.

Aging happens to us all but having a positive attitude about aging can add years to your life. Choose to be optimistic and avoid unnecessary worrying.

“Besides having a healthy heart, having a positive attitude can help improve relationships, self-esteem and lead to better decision-making and less stress throughout your



day,” says David Burns, MD, a psychologist and an adjunct clinical professor emeritus of psychiatry and behavioral sciences at the Stanford University School of Medicine.

How long you live, to a great extent, is under your control. Aging happens to us all but having a positive attitude about aging can add years to your life. Choose to be optimistic and avoid unnecessary worrying.

Look at aging as an opportunity. Spend time with loved ones and friends. If you can, find some meaningful work after retirement.

Volunteer. Continue to have goals. Count your blessings. Practice relaxation techniques regularly.

How do we stay positive amidst a tragic incident? One of my clients, whom I will name Rebecca, taught me how. In 2016, Rebecca lost the love of her life, an extraordinary man she met when she was only 14 years old.

They were married for almost 70 years. I asked Rebecca how she managed to overcome her grief and move on. I was not prepared to hear her response.

“I am extremely fortunate to have experienced love that was so pure and so genuine. I wish everyone could have this kind of love,” she said. “My husband and I had fond memories—memories that are enough reason for me to live. Ours is a story that reminds people that true and lasting love still exists. I still have a purpose.”

Rebecca’s positive attitude has kept her grateful despite her loss. She has chosen to dwell on the positive aspects of events in her life and she continues to view life as meaningful. Life is filled with challenges but how we view and respond to these is key. Enjoy life however it presents itself. Attitude—a positive attitude—is everything.

Vanessa Valerio is a co-founder of Care Indeed and serves as COO and VP for Patient Care. To learn more about Care Indeed, go to CareIndeed.com. 650.328.1001.