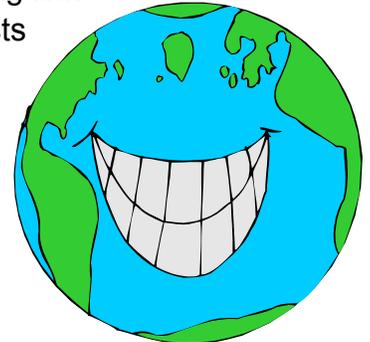




## YOUR ATTITUDE MATTERS

There have been several well-designed studies that show a strong link between a positive attitude or “optimism” and good health. Optimists tend to fill their minds with positive thought and fill their lives with positive experiences. Here are the top ten (10) features to determine if you are a **Healthy Optimist**. Do you . . .



1. See yourself as part of life rather than apart from life
2. Expect the best in uncertain times
3. Have a concept of life as abundant, rather than scarce
4. See problems as challenges rather than threats
5. Feel challenged by the future and its difficulties
6. Openly embrace change
7. Have a strong sense of self-worth
8. Believe you have control over your environment
9. Believe that individual actions can make a difference
10. Passionately engage in the world and believe in your own abilities

***It's not so much the reality that causes stress and illness, but the stories we tell ourselves about reality!***

PLEASE POST FOR THOSE EMPLOYEES WITHOUT EMAIL

