

The power of positivity



A UnitedHealthcare Company

Something as simple as gratitude can combat depression.

According to Mental Health America, people who were pessimistic had a nearly 20 percent higher risk of dying over a 30-year period than those who were optimistic. In contrast, people who kept track of their gratitude once a week were more upbeat and had fewer physical complaints than others. Here are three ways to help change a negative outlook to a more positive – and healthy – one:



Keep a gratitude journal

Write three to five specific things you're grateful for in a gratitude journal each day. Set an alarm and dedicate 15 minutes to journaling, preferably in the evening to help you feel more relaxed and positive before bedtime.



Participate in monthly gratuities

During the month of November, many people like to record one thing they're grateful for each day. Some people write them on small slips of paper and place them in a jar to be read aloud on Thanksgiving Day. Others create an art collage with them that grows throughout the month. You can do this any month of the year.



Practice daily affirmations

It may also help to engage in daily affirmations — simple positive statements declaring specific goals in their completed states. Using daily affirmations in the morning can set the tone for a positive day.



Whatever practice you choose, try to stick with it and see if you notice the benefits of a more thankful approach.



Pessimist
Half empty

Which one are you?

Optimist
Half full