

Mayo Clinic Minute

Why you should be optimistic and 3 ways to do it

Video	Audio
Vivien William	Optimistic people have a positive outlook on life, and they tend to be healthier than their pessimistic peers.
Richa Sood, M.D. General Internal Medicine Mayo Clinic	“If you look at the connection of optimism to what the body does when we have positive emotions, it kind of makes sense.”
Vivien Williams	Dr. Richa Sood says optimistic people are less chronically stressed out, which helps reduce your risk of heart disease, some cancers and depression. She suggests three ways you can be more optimistic.
Richa Sood, M.D.	“First thing is to want to do it.”
Vivien Williams	Reach out to people who are also optimistic, or talk to your health care provider.
Richa Sood, M.D.	“No. 2 is to have an ability to do a zoom-in versus zoom-out philosophy. So when the problems are overwhelming, it’s a good idea to zoom out and say, OK, there’s a perspective.”
Vivien Williams	Look at the big picture. Think of what you are thankful for and that life as a whole is good.
Richa Sood, M.D.	“The other big one is to be intentional.”
Vivien Williams	Live in and concentrate on the moment.
	For the Mayo Clinic News Network, I’m Vivien Williams.