

How to Add 16 Years on Life!

Want to live 16 years longer? Then read very carefully the conclusions of a 30 year study that was cited in the July/August 2007 edition of *Men's Health* magazine!

The magazine states:

Purdue scientists found that worrying takes 16 years off your life. Negative thinking triggers the release of cortisol, a stress hormone that can be dangerous when elevated for long periods of time says study author, Dan Mrozek, PH.D. ..The good news is that men in the study who found a way to reduce their worry lived longer.

Stress and anxiety are caused by negative thinking and worrying. The good news is we can control, greatly reduce or eliminate negative thinking and worrying by the way we think and perceive the world around us.

Tips for Reducing Stress

1. What's done is done: There is wisdom in the saying, ***there is no use crying over spilt milk***. Live life in the present. The past is the past and will never come again. The present becomes the future. Carpe Diem!
2. When stressful situations occur, repeat over and over again until the stress dissipates: **"This too shall pass. Nothing can get me upset without my permission. I feel terrific"** ...it works. Try it!
3. **Inhale and exhale deeply**, shutting your eyes, imaging the stress being expelled from your body.
4. **Exercise!** Exercise is not only the *Fountain of Youth*; it also helps purge your body of stress!
5. **Be an optimist! Optimists live their lives knowing that life is short....that they will only live once.....there are no second chances.....no do overs....each day that passes will never come again.....they savour the gift of life, enjoying each day like a fine wine, by refusing to infect their minds with negative thoughts or allowing negative people to try "infect" them....while most people dream of and never get what they want, optimists turn their dreams into reality by their positive thoughts and expectations.....and most importantly, carefully planned actions to make what they seek happen.....each day that optimists wake up above ground in good health is a great day!**
6. **Read the articles on www.4bodyandmind.com** I wrote these articles over the past 25 years, but I still read a few articles every week: they remind me of what I forgot, reinforce what I know, and give new ideas and an everlasting appreciation for the gift of life!