

# Understanding the Connection Between Positivity & Physical Health

Healthy and happy, happy and healthy—does one element of personal wellbeing come before the other? Does being healthy have an impact on being happy, and vice-versa?

Positive emotions contribute to our wellbeing, but can also have an impact on our physical health. Multiple studies have shown that there's a direct connection between health and attitude; researchers at [Harvard University](#) have proved that positive emotions can help make life longer and healthier. [One study](#) showed that people with a more positive outlook were quicker to recover from traumatic physical illness. Researchers in Utah also noted that a positive mood might have an effect on immune system functions and heart health.

The endorphins released through exercise can make you happy, and feeling healthy makes it easier to be optimistic about the future. So if you're looking for a healthier lifestyle, positive thinking might be a good place to start!

In contrast, negative thinking can have an adverse effect on the body. You might find yourself

at something from your "library" of messages every morning and take it to heart as you begin your day.

**Ignore or avoid complainers.** If you find yourself commiserating with other complainers, try to spend less time interacting with them. One person's complaining attitude reinforces similar attitudes in others and increases negativity all around. "Chronic complainers get stuck in victim mode, and that irritates the people around them," says psychologist Michael Cunningham.

**Make positive choices.** You have more control over your moods and attitudes than you think.

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