



## Immune System

Positive thoughts can give the immune system a healthy boost. One study of law students found that when they were feeling more optimistic, their immune system was stronger.

Why you should infuse some positivity into your corporate wellness program.



## Career Growth

In a study with life insurance agents, Dr. Martin E.P. Seligman found that the most optimistic salespeople sold 88% more than the most pessimistic ones.

## Weight Management



Nine out of 10 women who expressed positive attitudes about their body image and were enthusiastic about weight loss plans were more likely to lose or maintain weight than women who thought negatively according to research by Special K.

## Creative Energy



Positive emotions can make employees more creative and more able to find solutions. Stanford University researchers demonstrated that stress from negative influences can shrink the hippocampus, the exact part of the brain that is needed to solve problems and drive initiatives.

How Positive Thinking Can Improve Employee Well-Being

## Biometric Numbers



**TRI** ↓ A 2013 study from the Harvard School of Public Health found that middle-aged optimists were found to have better levels of "good" cholesterol (HDL) and lower levels of triglycerides.  
**HDL** ↑

## Stress Levels

A positive mindset enables people to better cope with and recover from stressful situations, which reduces the harmful health effects of stress on the body.

Researchers at Concordia University found that the stress hormone cortisol tends to be more stable in people with a positive outlook.



We believe everyone has healthy habits.

Discover what a positive biometric screening experience can mean for your employees at [totalwellnesshealth.com](http://totalwellnesshealth.com)



## Healthy Heart

Researchers from the Harvard School of Public Health analyzed more than 200 studies and found happiness and optimism were both linked to a lower risk of heart disease and stroke.



## Better Choices

An analysis of the personality types, diet and exercise habits of more than 7,000 people showed that a positive attitude, and the belief that you can determine your life's outcomes, leads people to make healthier lifestyle choices.