

live
well.

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Positive Emotions and Your Health

A growing body of research suggests having a positive outlook can benefit your physical health. NIH-funded scientists are finding some evidence emotional wellness can improve by developing certain skills.

People who are emotionally well, experts say, have fewer negative emotions and are able to bounce back from difficulties faster. This quality is called resilience.

Research has found a link between an upbeat mental state and improved health, including lower blood pressure, reduced risk for heart disease, healthier weight, better blood sugar levels, and longer life.

Growing evidence suggests several techniques—including meditation, cognitive therapy (a type of psychotherapy), and self-reflection (thinking about the things you find important)—can help people develop the skills needed to make positive, healthful changes.

Being open to positive change is a key to emotional wellness. As mounting research suggests, having a positive mindset might help to improve your physical health as well.



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