



What you Think Matters!

7

www.secretsofwellness.org



SEVENTH-DAY
ADVENTIST CHURCH

150
YEARS

OF HEALTH PROMOTION

Secrets
of
Wellness

health
MINISTRIES 
INTER-EUROPEAN DIVISION - EUD

Studies reveal that positive thinking is more than being happy. Positive thoughts can actually create real value in one's life and help build skills that last longer than a mere smile. Our attitude impacts our work, health, and life with long-term consequences. For example, negative thoughts narrow our mind and prevent us from seeing other options around us. In contrast, positive thoughts broaden our sense of possibility and allow our mind to consider other choices. One of the benefits that positive thinking provides is the enhanced ability to build skills and generate resources. If positive thinking is useful for appreciating the big picture of life, how can we be positive thinkers?

Here are 3 ideas to consider:

Devotionals: Studies show that people who pray daily display more positive thoughts than those who do not.

Healthy Diet: Key nutrients such as omega-3 fatty acids, fiber and B vitamins help to lift your spirits. These nutrients stabilize blood sugar levels and improve neurotransmitter and nerve functioning.

Physical Exercise: When we exercise we release beta-endorphins, which create a feeling of wellbeing within us, and remove feelings of tension and stress.

The inspired word says: **"whatsoever things are true, honest, just, pure, lovely, are of good report; if there be any virtue, and if there be any praise, think on these things."** Philippians 4:8. The creator of minds counsels us to use it positively. **Why not put it to test? Start thinking positive today!**

Dr. Jan-Harry Cabungcal
Neuroscientist

