

75 Ways to Think Your Way into Good Health

Health isn't just about working out and eating right. The way you think and feel can have a big impact on your health as well. Here are some ways that you can use your brainpower to make you happier, healthier and more fulfilled every day.

General (1-12):

Get out negative emotions.	Trust in yourself.
Try hypnotism.	Be honest.
Realize change is possible.	Live consciously.
Think about things that energize you.	Accept what comes your way.
Imagine yourself aging more slowly.	Forgive yourself.
Feel in control.	Embrace your faith.

Dealing with Stress (13-24): Stress can have a big effect on physical and mental health. Here are some ways to think yourself free of it.

Meditate regularly.	Concentrate on each muscle individually.
Relax and let stress go.	Allow yourself to daydream.
Think about each breath.	Stop worrying.
Control your thoughts at bedtime.	Set aside time to think.
Prepare mentally for bed.	Write in a journal.
Revise your dreams.	Use color to control your thinking.

Illness and Disease (25-41): If are you are faced with potential illness or disease here are some ways you can use the power of your brain to improve your chances of recovery.

Don't think about the pain.	Relax to save your gums.
Concentrate on getting better.	Tell yourself you will get pregnant.
Believe in your treatments.	Take time to deal with negative things.
Imagine you have a strong immune system.	Stop thinking of yourself as a sick person.
Picture your body fighting off infections.	Don't milk injuries.
Listen to your body.	Understand that sometimes it's all in the mind.
Find a positive and friendly doctor.	Don't expect pain.
Believe in miracles.	Don't place blame for illness.
Don't fear treatments.	

Emotional Health (42 -53): A big part of your overall health is your happiness. Here are some ways you can boost your mental outlook just by changing your thoughts.

Concentrate on happiness.	Give yourself compliments.
Focus on positive aspects.	Use positive words in your thoughts.
Start each day with optimism.	Put positive energy out there, & smile a lot.
Change your inner dialogue.	Expect the best.
Reverse negative thoughts.	Be friendly to yourself and others.

Diet (54 -60): Help yourself stick to a healthy diet with these mental exercises.

Control your cravings.	Understand your hunger.
Actively remember your last meal.	Don't beat yourself up.
Concentrate on food while eating.	Reward yourself mentally.
Visualize yourself as slimmer.	

Fitness (61 -68): Meet your fitness goals by changing your mindset with these suggestions.

Think about exercise.

Get into the right frame of mind.

Think of yourself as healthy.

Make it a game.

Think of exercise as fun.

Envision negative effects of your bad habits.

Celebrate small victories.

Think of your body differently.

Personal Development (69 -75): Help yourself meet your own goals and be happier and healthier overall with these mental tricks.

Visualize yourself meeting goals.

Downplay cynicism, ill will and envy.

Remind yourself of your successes.

Think about what means most to you.

Make your goals realistic.

Fake it until you make it.

Comments: Your **mind** is simultaneously your best and worst “drug/ ally” in promoting/ sabotaging your overall physical and emotional health. It is a very powerful player in your body’s tendency to achieve a high state of health. The first step is simply believing your mind has the ability to heal you, both physically and emotionally. The second step is believing your mind also has the ability to make you happy, just by the way you view the world.

Your Mindset Changes Everything: A preponderance of scientific research indicates your current health status is due to your mental and emotional reactions to events that take place during your lifetime. To put this into more concrete terms, let’s say two people undergo a similar hardship, such as losing their job. One person moves forward and views this as an opportunity to find something even better. But the other person feels victimized, angry and hopeless.

Well, the latter person’s negative thinking can easily manifest into disease, while the first person will likely move on unaffected. So it’s not so much the tragic events you undergo in your lifetime that dictate your physical and emotional health, but rather your reaction to them.

Your Mindset Even Controls Your Genes: Current medical dogma states that you are ruled by your genes, and therefore you are a victim of your genetic makeup. If your mother had breast cancer, or your father had depression, the theory goes, then there’s a great chance you will too. Well, this idea is a myth, a belief that is not based on scientific fact. In truth, your genes do not predispose you to any ONE particular fate.

Something else, which you have total control over, rules over your genetic expression. What is that thing? Your MIND. So again, you can see how imperative it is to keep your mind in a good place. If you, on the contrary, find that your thoughts tend toward the negative (“I’m too fat,” “I’m tired,” “I’ll never feel better,” “I won’t get the promotion”) it’s time to turn them around.