



Bless Your Heart

The Power of Positive Thinking, Meditation and Prayer

Can positive thinking really improve your health? Can stress have a negative impact on your well-being? Can meditation and prayer help in healing? Researchers don't have all the answers for these questions, but many believe attitude and beliefs can make a difference in your health. Below are some links that you can use to learn more about positive thinking, meditation and prayer with your congregation.

- ♥ **Mayo Clinic article:**
"Positive thinking: Stop negative self-talk to reduce stress"
<http://www.mayoclinic.com/health/positive-thinking/SR00009>

- ♥ **AARP article:**
"6 Ways to Feel Happier, Be Healthier"
<http://www.aarp.org/health/healthy-living/info-05-2011/6-ways-to-feel-happier-be-healthier.html>

- ♥ **LIVESTRONG.com**
"The Importance of Positive Attitude to Health"
<http://www.livestrong.com/article/126155-importance-positive-attitude-health>

"Health Benefits of Positive Thinking"
<http://www.livestrong.com/article/75627-health-benefits-positive-thinking>

Other positive attitude articles
<http://www.livestrong.com/positive-attitude>

- ♥ **AGING article:**
"Positive attitude towards life and emotional expression as personality phenotypes for centenarians"
Kato et al. 2012 <http://www.impactaging.com/papers/v4/n5/pdf/100456.pdf>

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