

Hi All,

Are you allowing the weather changes to affect how you are doing? Do you welcome the change and go with the flow or do you curse the “bad” weather hoping it will get better soon (and believe that then all will be well). The one thing we know for sure is that change is inevitable and you can either welcome it or suffer through it, it is your choice. There are many things you can do to make change a little more tolerable. This month I will give you one suggestion. If you put this technique into action, you will reduce a portion of the daily stress you experience and thereby make it easier to handle other stressors (i.e. change).

Eliminate your Tolerations!

What does this mean? Everyday there are many big and little things that cause you irritation and/or frustration that you just tolerate. Maybe it is a messy closet, that pile that is sitting next to your desk, paperwork that you just keep avoiding, the errand that you never seem to have time to run or the work you need to do around the house. Maybe it is bigger i.e. you hate your job and it is sucking the life out of you, you have an employee who you know you need to let go but you haven't or your personal relationship is toxic.

Whatever your tolerations are, clear them out!

It is like cleaning out your closet, get rid of all those things you don't need or want that are just taking up space in your mind and emotions. That is correct, eliminate the tolerations in your life and you will dramatically reduce your stress and create a void that will bring in new and more positive change. If you are very resistant to change, do it bit by bit starting with the smallest items and working your way up. If you are a bigger risk taker, clean house in 1 fell swoop. However you chose to do it.

1 last suggestion. Before you start, have something positive in your mind that you want to fill the space/void you will be creating. Create an image in your mind that is so realistic that you can taste, touch and feel it. Get rid of the things that are holding you back and willfully bring the things into your life that you truly desire – Joy, Love, Health, Happiness, Personal Development, Better Relationships, ...

CREAT THE LIFE OF YOUR DREAMS!

Change a moment and it will change a day. Change a day and it will change a year. Change a year and it will change a life. Every time we put positive energy into action we not only change our lives for the better but help positively impact the lives of everyone we come into contact with.

- Dr. Gregg Stern

Let Stern Chiropractic help guide your family to an EXTRAODINARY LIFE of Health and Happiness in 2009.

I hope you have enjoyed our newsletter. If you know someone this may help, please share it. This smallest act of sharing can have profound effects for generations to come.

Become an Optimist -- Live Longer

Genes and health behaviors contribute to the length and quality of your life, but so do your attitude and beliefs about aging.

Wisdom of the Ages

A happy person is not a person in a certain set of circumstances, but rather a person with a certain set of attitudes.

-- **Hugh Downs, 85**

I don't believe in pessimism. If something doesn't come up the way you want, forge ahead. If you think it's going to rain, it will.

-- **Clint Eastwood, 76**

While we may not be able to control all that happens to us, we can control what happens inside us.

-- **Benjamin Franklin, 84**

Optimism is the faith that leads to achievement. Nothing can be done

Americans are living longer than ever. Over the past century, the average American lifespan has increased a whopping 27 years. What's the secret to a long and healthy life?

Good genes help. You get them from your parents. And since you can't pick your parents, this avenue to a longer life is out of your control. Besides, the value of good genes is in question. New research from Yale University found that genes contribute only 25% to the length of your life. This seems to mean that other factors, such as health behaviors and mental health, play a role in longevity, too.

The Yale study claims that a good attitude helps keep your heart pumping and your feet tapping an additional 7.6 years on average. An optimistic outlook adds more years to your life than low blood pressure (4 years or less), low cholesterol (4 years or less), a healthy weight (1 to 3 years) and regular exercise (1 to 3 years).

"These Are the Good Old Days"

The Yale study suggests that people who believe negative stereotypes about growing old may face a reduced life expectancy. If you think old people are frail and sickly, you'll probably see yourself as frail and sickly when you get old.

Frank Landry, a 79-year-old retired dentist from New England, didn't grow up with these negative stereotypes. He watched his elders remain active and involved as they aged. And he's followed their example. His long list of activities includes working as a hospice volunteer and fundraiser and helping the Rotary Club support widows and widowers. "Some people sit down and won't do anything," he says. "I think you have to accept what you have and work with it."

The Yale researchers would likely agree. They point to a series of studies that looked at the relationship between death rates and holidays. There were more deaths in the month after the holiday than in the month before it. According to the study authors, these findings imply that people who have something to look forward to, such as a holiday or special event, want to stay alive to mark the occasion. Helping others through volunteer work or simply staying busy with social activities, hobbies, travel and grandkids may have the same effect.

"We Shall Overcome"

You know what you're supposed to do to stay healthy and live long: eat well, exercise regularly and stay away from smoking and excessive drinking. These behaviors require dedication and self-discipline.

People who are optimistic are better able to stick to good behaviors because they know that good habits are the result of smart choices they make. People who don't have an optimistic outlook are likely to take a more passive approach to health. They may believe that they have no control over their weight or diet so they don't make the effort to practice good health habits.

When faced with a health crisis, optimists adapt and recover more quickly because they actively participate in their treatment and recovery. They believe their actions directly contribute to improved health.

Finally, optimists do not feel the sense of hopelessness so typical of pessimists. As a result, optimists experience less stress and less depression overall.

"Put On a Happy Face"

To stay optimistic as you age or to create an optimistic point of view, take these steps:

without hope or confidence.

--Helen Keller, 88

I have become my own version of an optimist. If I can't make it through one door, I'll go through another door--or I'll make a door. Something terrific will come no matter how dark the present.

-- Joan Rivers, 73

A stumbling block to the pessimist is a stepping-stone to the optimist.

-- Eleanor Roosevelt, 78

A man is happy so long as he chooses to be happy.

-- Alexander Solzhenitsyn, 88

An optimist is someone who goes after Moby Dick in a rowboat and takes the tartar sauce with him.

-- Zig Ziglar, 80

- **Realize that setbacks are a part of life**
No one can escape hard times. When you find yourself in a stressful situation, tell yourself that time passes. There can't be valleys without peaks. Look for the next peak.
- **Visualize a positive outcome**
The movie "Field of Dreams" taught us "If you build it, they will come." The same can apply to your health. If you aim for the best outcome, your actions will likely follow.
- **Reject negative messages about aging**
Media and advertising would have us believe the world is filled only with youth. Just because TV often depicts age as being equal to infirmity doesn't mean you have to buy that message. Once you spot these falsehoods, you'll be a lot less susceptible to them.
- **Find examples of people who have aged gracefully**
Paul Newman isn't letting age slow him down. He's still racing cars at age 80 and running a food company. Martha Stewart, at age 64, is busier and more successful than ever, with an empire that includes magazines, TV and products. Picture them the next time you think your age is a roadblock to an accomplishment.
- **Develop a strong social network**
Friends play a key role in helping you through any crisis, health or otherwise. Your network can also include counselors, clergy and support groups. Even optimists need help sometimes. When Frank Landry's first wife died of cancer, he was devastated. "I decided to take whatever help I could get," he says. "I joined two grief support groups and accepted counseling. I was in a hole and that brought me out and made it possible for me to live again."

If you dread the thought of growing old, work now to change your perceptions and develop a more optimistic outlook. It may lead to a healthier, longer life.