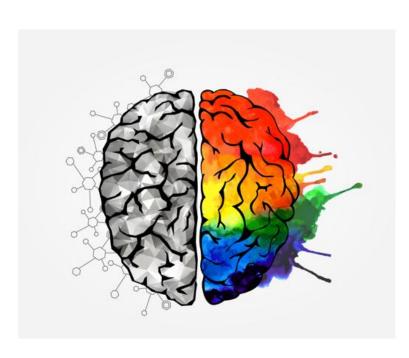
# Daily Inspiration/Mantra: Day 02- Positivity Quotes and Stories



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## "Positivity": Defined

Positivity is defined by the Merriam-Webster dictionary as "1: the quality or state of being positive. 2: something that is positive."

#### What is the meaning of positivity?

**Dr. Beth Cabrera says that Positivity** "is the frequent experience of pleasant emotions. Some of the most common are: joy, hope, gratitude, interest, serenity, pride, amusement, love, inspiration, and awe."

We're not saying ignore the negative feelings in our lives; bad things do happen.

## "Positivity": Research

We are saying that research has shown there is definitely a strong link between "positivity" and health; a positive attitude improves outcomes and life satisfaction across a spectrum of conditions.

This morning during pole-walking, you might have been asked the following:

- •Think of something you could do right now that would make you smile.
- Maybe just take a minute to count your blessings.

### "Positivity": More Research

Findings from research at Johns Hopkins show that people who are more positive may be better protected against the inflammatory damage of stress. Hope and positivity help people make better health and life decisions and focus more on long-term goals.

#### They suggest the following:

- Smile more. Smiling drops heart rate and blood pressure during stressful situations. Try YouTube humor therapy;
- Practice reframing. Instead of stressing about a traffic jam, accept that there is absolutely nothing you can do about the traffic;
- •Build resiliency. Resiliency is the ability to adapt to stressful and/or negative situations. One way is to accept that change is a part of life.

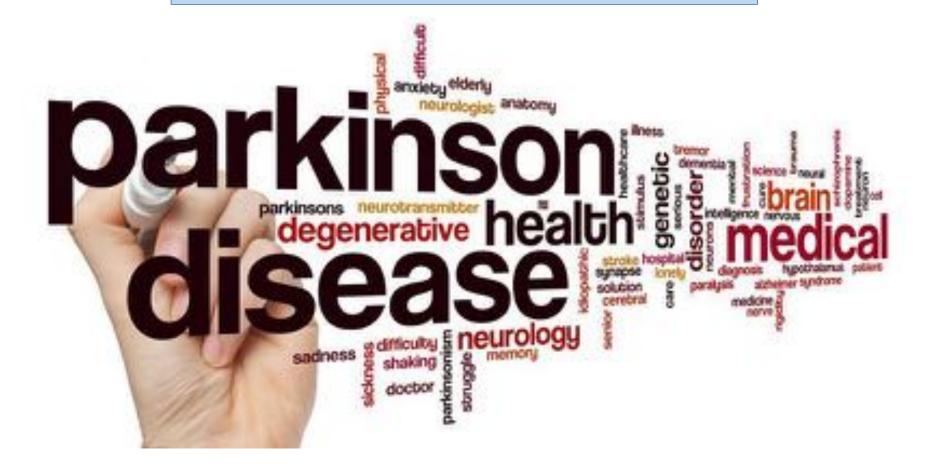
#### Life with Parkinson's:

- •Two big unknowns are the rate of disease progression and the extent of affliction.
- •Parkinson's is like being covered in beach sand at low tide while you patiently wait for the slowly approaching ocean's high tide.
- •Your working plan should be to maximize your effort to slow disease progression and to effectively manage your symptoms in the presence of your shadow named Parkinson's.

No regrets. Remain hopeful. Live with positivity.



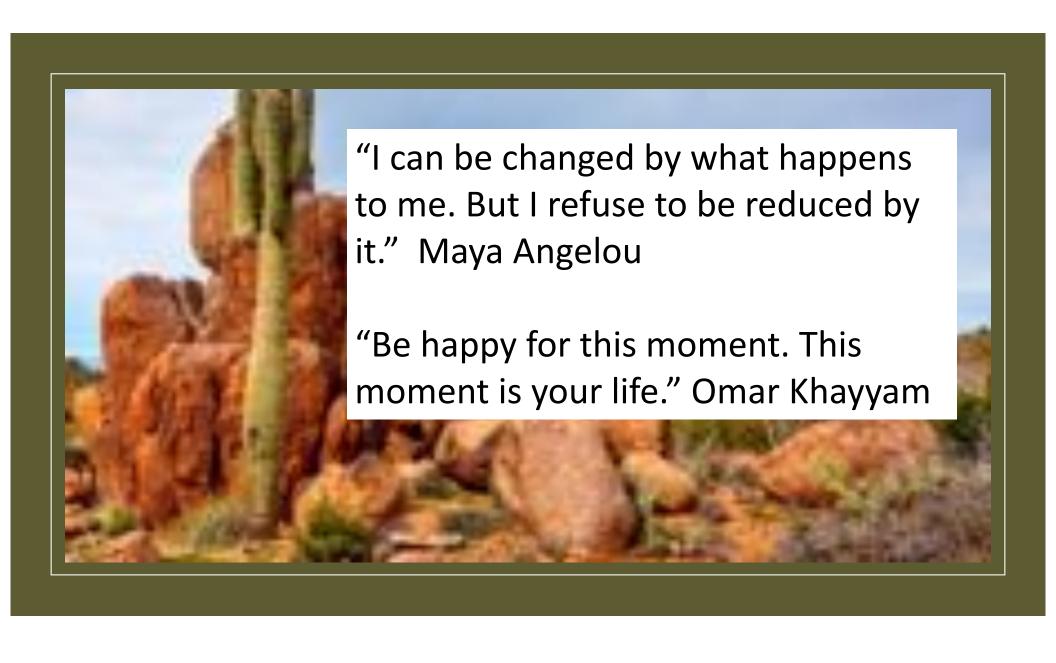
## Words of Positivity

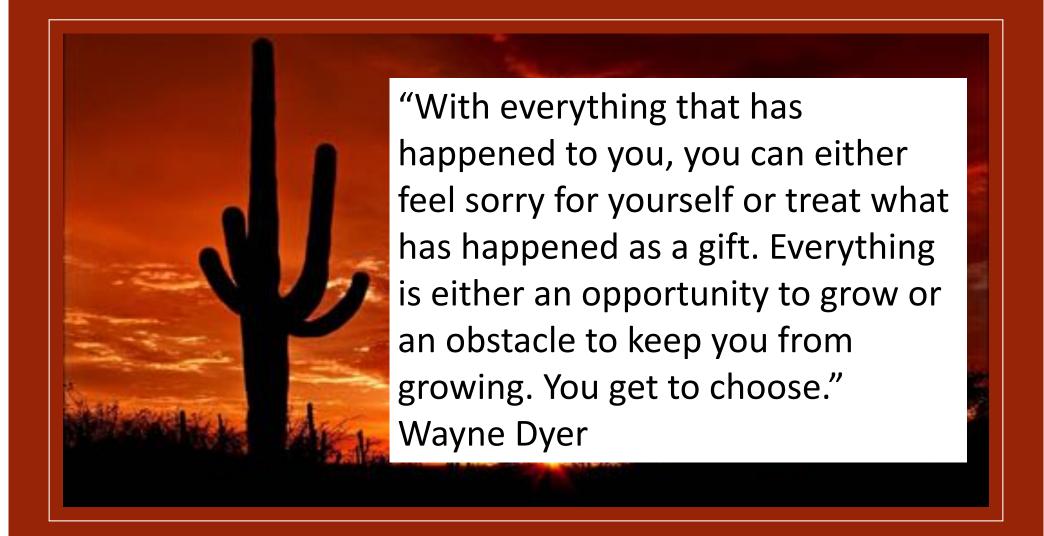


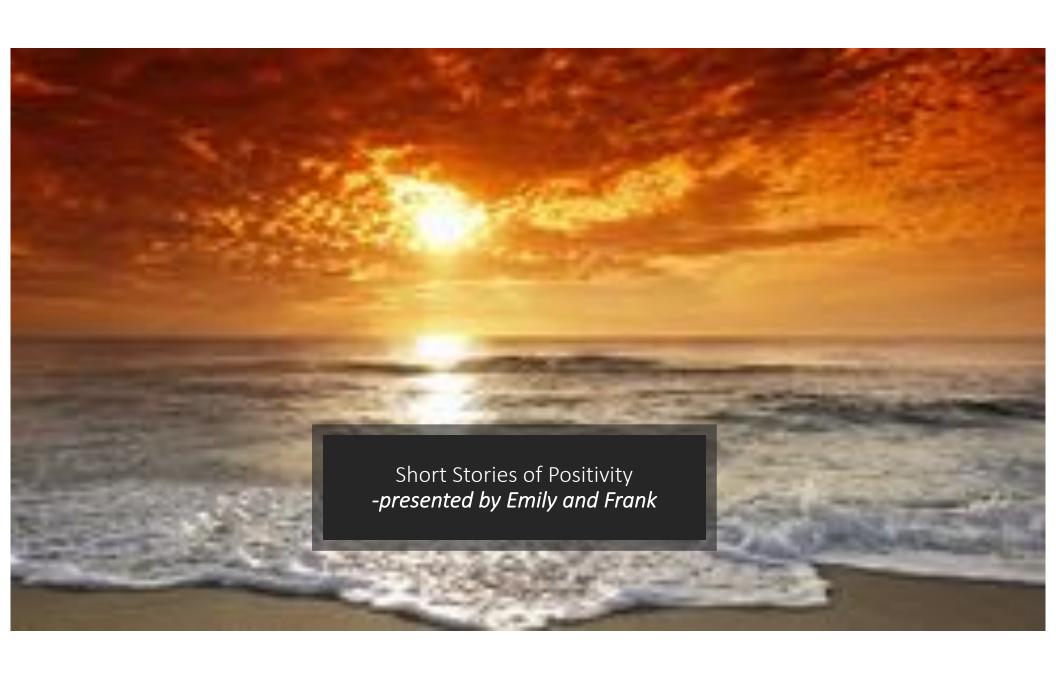
"Find a place inside where there's joy, and the joy will burn out the pain." Joseph Campbell

"Positive anything is better than negative nothing." Elbert Hubbard









#### Being Positive and Supportive for Medical Student Flu Vaccine Day

