

Wellness for Success!
Strive for Happiness, Health, and Productivity

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Social and behavioral research scientists today have more information than ever before pertaining to the factors associated with happiness, health, and peak productivity. Even more inspiring is the fact that these findings have revealed that we have the potential to dramatically impact our general wellness and productivity by paying closer attention to our attitudes and conscious behaviors. Simply put, to a large extent our degree of happiness and productivity rely on our own choices in life and to a much lesser extent our “luck” or genetic predispositions.

A growing number of research studies today indicate that disease and illness is no longer the #1 problem impacting our health and happiness. Instead of focusing on treating diseases, physicians today are spending increasingly more time examining the impact our lifestyle has on our confidence, performance, resistance to fatigue and illness, and general happiness. In fact, some studies suggest that upwards of 70% of primary care physician visits are prompted by our self-chosen behaviors and not because of genetically predisposed illness! In other words, we eat too much, drink too much, work too much, and consequently we don’t exercise enough or get the proper amount of rest that we need to be productive.

Health psychologists are making tremendously beneficial discoveries of how the mind and body interact and how these interactions are impacted by our perceptions, attitudes, beliefs, level of optimism, and ability to establish an optimal balance in life needed to combat stress. The difference the aforementioned factors can make on your level of happiness and success are dramatic and best of all – they are all under your control! Positive attitudes lead to a greater sense of optimism, perseverance, and resistance to illness. Negative attitudes lead to lethargic behaviors, minimal motivation, low self-confidence and sometimes-even depression.

Consider the following tips to improving your physical and emotional well-being for peak performance in life:

- Break your comfort zone and start the moment you are ready for change. Like the old saying goes, “If you keep on doing what you have always done, you’ll keep on getting what you always got.” Change can happen in a moment, but you

- probably will have to do something different in your life tomorrow if you want it to be better than yesterday.
- Understand the impact stress has on your life and strive to achieve optimal balance for success. Take control of your life and distribute your time and energy toward the things you want to do. Many people fall into patterns of being reactive to the world around them and forget that everyday is a new day and that they can become proactive and distribute their time and energy toward the people and things they find most valuable and enriching.
 - Exercise! Again, you don't have to look very far for reasons a person gets in a "funk" or is experiencing depression. Most people dissatisfied with their life spend no time whatsoever taking care of their bodies, leaving themselves wide open to a variety of potential infections and illnesses and also end up very unhappy with their current physical appearance. And if you don't look good, you probably won't feel good, which consequently will leave you performing at a less-than-desirable level.
 - Create breaks in your life and have fun. Working all the time will undoubtedly lead you to some kind of physical/emotional breakdown. As important as it is to meet a deadline for a work-related project, it is equally essential that you build "down time" into your schedule. Try to have fun in your down time by doing things you intrinsically enjoy and laugh away some of your stress.

In closing, it's important to understand that peak performers in life are not perfect, don't all have superior IQ's, and didn't get ahead in life because they had connections or played corporate politics to their advantage. While many people would like to believe that other people's success is determined by these factors, buying into that line of thinking is nothing more than ego-preservation. The truth is the vast majority of happy, healthy, and productive people make their success happen! They take control of their life, rebound from setbacks, deal proactively with stress, and consciously choose their attitudes and behaviors every day.

