

Even I Have to Admit That Being Positive is Good For Your Health

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I have often admitted here that I'm a pessimist by nature, but even I have to agree that the health evidence in favour of taking a positive view of life is impressive.

The most recent hopeful sign I've seen comes in the form of a study of almost 1,000 people in the US who underwent various psychological tests at the age of 55 and then at 64.

The study, published in Psychological Science, found that the more people experienced positive emotions the less their memory was likely to have declined in the period.

That's a good incentive to make space for positive feelings and experiences, especially in an ageing society in which more people find their memory isn't working as well as it used to.

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