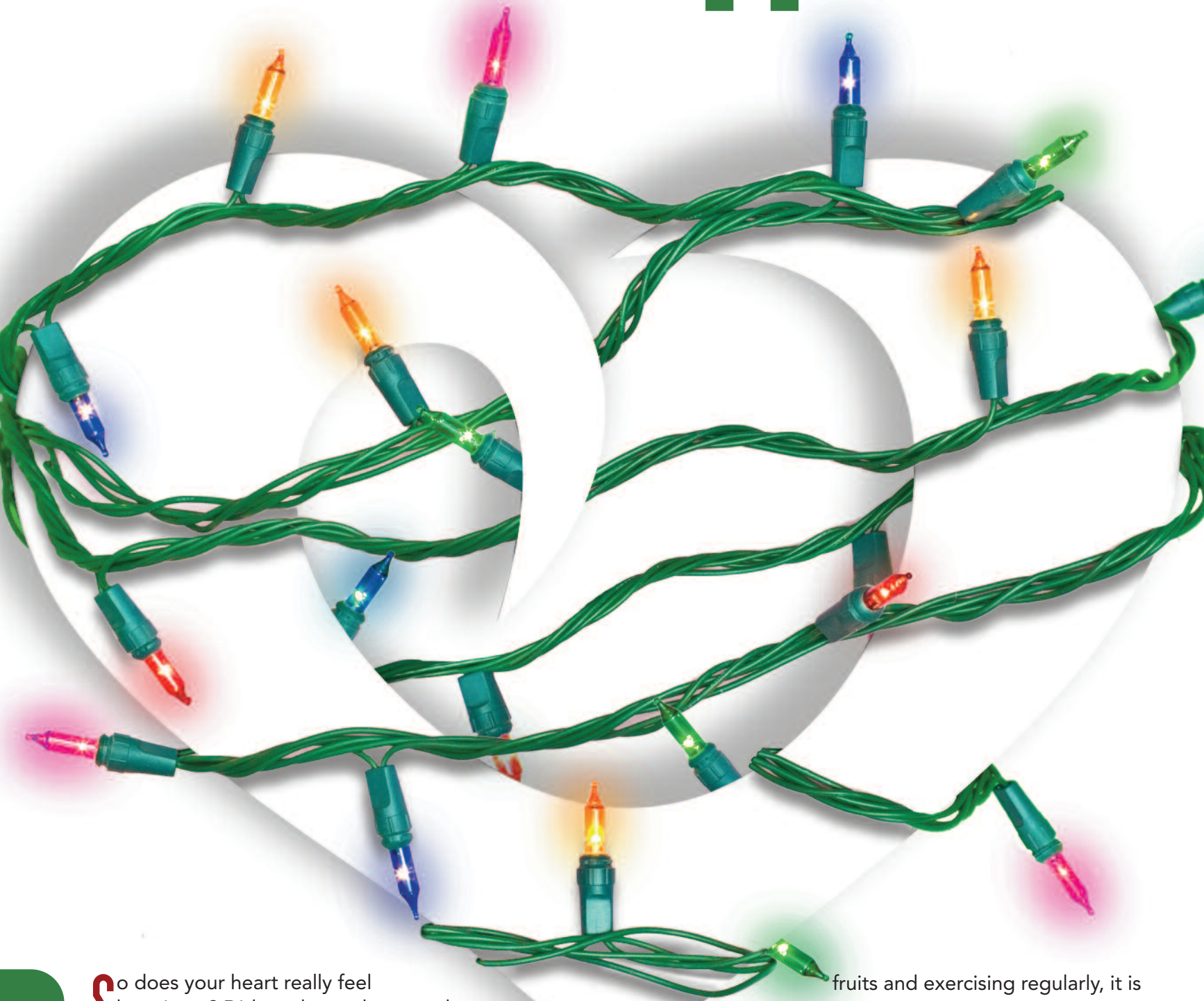


# Heartfelt Happiness



So does your heart really feel happiness? Did you know that people who are generally happy and enthusiastic are less likely to develop heart disease than those who tend to be unhappy? It is well known that eating healthy, exercising regularly, and reducing stress is essential to a healthy heart. Researchers at Columbia University Medical Center, however, have recently found that people who have positive emotions are better able to improve their heart health as well. That means that happiness, gratitude, and joy are extremely potent medicines.

**Steps to Heartfelt Happiness** So what steps can you take to achieve heartfelt happiness? In addition to eating a diet rich in whole grains, vegetables, and

fruits and exercising regularly, it is just as important to increase your positive thoughts and reduce stress and depression. When you are stressed, your body releases hormones that affect your heart in a negative way. Although it takes practice, increasing the amount of positive thoughts and emotions is an excellent way to achieve heartfelt happiness. Things like laughing, talking to friends, conveying emotions, caring for an animal, or participating in your favorite hobby are all ways to reduce stress, lower blood pressure, and increase the amount of positive hormones within the cardiovascular system. Join us as we discuss the relationship between heartfelt happiness and the health of your heart.

Sources: Reuters, SwellWomen, Bergen.com, The Earth Institute: Columbia University