

Good-health attitude

Good health requires a positive attitude. It's up to you to decide to make the most of things when you are faced with health challenges. This attitude—a good-health mindset—doesn't just happen. It takes work, every day.

The following tips will help you enjoy a "good-health attitude"

- Focus on your abilities instead of your disabilities.
- Focus on your strengths instead of your weaknesses.
- Break down activities into small tasks that you can manage.
- Incorporate fitness and nutrition into your daily routines.
- Develop methods to minimize and manage stress.
- Balance rest with activity.
- Develop a support system of family, friends, and health professionals.

Unwanted thoughts can make you feel anxious or depressed. They may keep you from enjoying your life.

To stop unwanted thoughts, you focus on the thought and then learn to say "Stop" to end the thought. At first, you will shout "Stop!" out loud. Then you will learn to say it in your mind so that you can use this technique anywhere.

Here's how to get started:

- **List your most stressful thoughts.** These are the thoughts that distract you from your daily activities and make you worry more. Write down your upsetting thoughts in order of the most stressful to the least stressful. Start practicing thought-stopping with the thought that is the least stressful.

- **Imagine the thought.** Sit or lie down in a private place (so you can say "Stop!" out loud and not feel self-conscious). Close your eyes. Imagine a situation in which you might have this stressful thought. Then allow yourself to focus on the thought.
- **Stop the thought.** Startling yourself is a good way to interrupt the thought. Try one of these two techniques:
 - Set a timer, watch, or other alarm for 3 minutes. Then focus on your unwanted thought. When the timer or alarm goes off, shout "Stop!" If you want, stand up when you say "Stop." Some people snap their fingers or clap their hands. These actions and saying "Stop" are cues to stop thinking. Empty your mind, and try to keep it empty for about 30 seconds. If the upsetting thought comes back during that time, shout "Stop!" again.
 - Instead of using a timer, you can tape-record yourself shouting "Stop!" at intervals of 3 minutes, 2 minutes, and 1 minute. Do the thought-stopping exercise. Focus on the thought, and then stop thinking about the unwanted thought—or anything else—when you hear your recorded voice say "Stop." Hearing your own voice telling you to stop helps strengthen your commitment to getting rid of the unwanted thought.

Adapted with permission from copyrighted materials from Healthwise, Incorporated. Healthwise, Incorporated disclaims any warranty and all liability for your use of this information. This document is for your information only. It is not meant to give medical advice. It should not be used to replace a visit with a provider. Magellan Health does not endorse other resources that may be mentioned here.



Employee Assistance Program
1-866-580-9046