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## Fitting News

ISSUE #131

SEPTEMBER 2025

Here are six tips to help lift your mood and block negativity.



### Say No to Negativity – Brain Exercises to Lift Your Mood

Some days I feel more anxious than others. Feelings can alter the way we think, but it is our thoughts that can turn negative feelings such as depression, anxiety or anger into a positive experience! There are exercises (in this case, psychological, not physical) we can learn and use to redirect our adverse thoughts. These tips can help you gradually shift your feelings from negative to positive.

Life can throw us curve balls just to keep us grounded (pardon the pun). ALWAYS staying positive is not realistic or easy. For every negative emotion (for instance, sadness over the loss of a loved one), there's both a positive and a negative version. Which will you choose? Here are some useful methods that can help make a difference.

#### 1. Have fun

If you have forgotten how to have fun, don't wait for the next gathering of your family or friends to laugh it up. Figure out what brings you joy and get to it! Research shows that having fun and laughter decreases levels of the damaging stress hormones cortisol and epinephrine. Laughter supports our immune system and protects us from illness. One minute of laughter can boost your immune system for over 24 hours. I am sure my last cold was short-lived because I made it a point, even when I felt terrible, to watch a funny movie or read an entertaining book.

#### 2. Call a Friend

When feeling down, contact family or friends who don't allow you to dwell on your pain, but also don't ignore it. "If we surround ourselves with people who are joyous, hopeful, or make us laugh and live in the moment, that makes us feel much better." – Helen Grusd, Ph.D, clinical psychologist

#### 3. Say Thanks

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### Lori Michiel, NASM-CPT, Senior Fitness Specialist

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**818-620-1442**

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