



Did you know...

that studies have shown being optimistic leads to a longer life?

A new study published Monday finds men and women with the highest levels of optimism had an 11% to 15% longer life span on average than those who practiced little positive thinking. The highest-scoring optimists also had the greatest odds of living to age 85 or beyond. The results held true, the study found, even when socioeconomic status, health conditions, depression, smoking, social engagement, poor diet and alcohol use were considered.

"This was the first study to look at the impact of optimism on exceptional longevity, which is defined as living to age 85 or more," said lead author Lewina Lee, assistant professor of psychiatry at Boston University's School of Medicine. The study was published in the journal *Proceedings of the National Academy of Sciences*.

The study found women with the highest levels of optimism had 1.5 greater odds of living to 85 or beyond, compared to those with the lowest levels of optimism. Highly optimistic men had 1.7 greater odds of living to that age over the more pessimistic. Again, those relationships remained true even after adjusting for health behaviors.