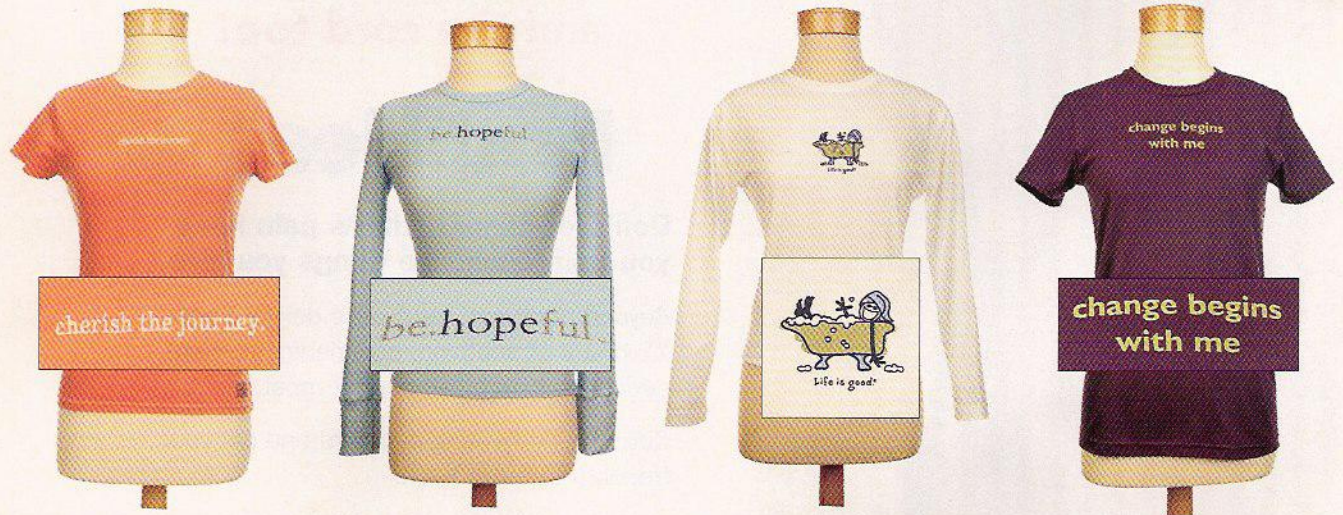


The Fashion of Attitude

WEAR POSITIVE BELIEFS ON YOUR SLEEVE, SO TO SPEAK, AND IMPROVE YOUR OUTLOOK – and maybe even your health. Studies have shown a sunny state of mind can relieve stress and perhaps even boost immune and cardiovascular function. So don a good attitude, and maybe you'll do yourself and others around you some good.

– LISSA POIROT



The Universe Knows

Other great sayings: breathe in life; blessings are everywhere; believe in yourself
(www.theuniverseknows.com)

Be.ology

Be inspired by these, too: be.greatful; be.kind; be.you
(www.beologyonline.com)

Life Is Good

Alternate themes: camping, music, dogs, travel exploration
(www.lifeisgood.com)

Emotional Armor

More empowering messages: tough warrior princess; take the high road; never underestimate me
(www.emotionalarmor.com)

Regret, Me Not Why the guilt's gotta go

IF YOU TEND TO CHOOSE DUTY OVER FUN, TAKE NOTE. A recent study found that as people age, they feel more regret about missing out on pleasurable experiences and less guilt about indulging in fun.

"Although indulging can conjure guilt in the short term, it fades away relatively quickly. Delaying pleasure, however, can have long-term negative consequences," says Ran Kivetz, PhD, lead researcher and professor of business at Columbia University in New York City.

In the experiment, researchers asked people to recall times in the recent and distant past when they had to choose

between work or pleasure. Those who chose pleasure reported feeling more guilty about a recent choice but less guilty about similar choices occurring five years ago. Those who recently chose work felt good about it initially, but had strong feelings of regret about similar choices made five years earlier.

Persistent thoughts of regret and disappointment could be a catalyst for stress and depression, both of which can exacerbate pain perception and even cause health to slide, says Scott Zashin, MD, a rheumatologist at the University of Texas Southwestern Medical School in Dallas.

– CAROL POTERA AND BRYAN D. VARGO

Use the 10-10-10 Rule to Avoid Regret.

Try to anticipate how a choice you make today might lead to regrets down the road. Stop and ask yourself: Will I regret this decision in 10 minutes, 10 weeks or 10 years?