

Breaking News English.com

Positive thinking helps us live longer – 29th August, 2019

Level 0

Researchers say positive thinkers live longer than negative thinkers. The researchers looked at data on 70,000 nurses. They found that more people who thought positively lived to be 85. People who thought negatively were 11-15 per cent less likely to be 85. Researchers say positive thinkers manage stress better.

Researchers looked at people's diets, exercise, how much they smoked and drank, and levels of optimism. A professor said more positive thinking may help people to live longer. Her advice for pessimists was to, "imagine a future in which everything has turned out well". She said it was healthier to look on the bright side of life.

Level 1

Positive thinkers live longer than negative thinkers. This is according to studies from Boston University. Researchers looked at data on 70,000 nurses and 1,500 veterans. They found that optimists (people who think positively) were more likely to live to 85. Pessimists (people who think negatively) were 11-15 per cent less likely to be 85. Researchers say optimists (positive thinkers) manage stress better than pessimists (negative thinkers).

People answered questions about their diets, exercise, levels of optimism, and how much they smoked and drank. The surveys matched this with levels of health. A professor said raising levels of optimism may help people to live longer. Her advice for pessimists to live longer was to, "imagine a future in which everything has turned out well". She asked people to be more optimistic. She said it was healthier to look on the bright side of life.

Level 2

Positive thinkers might live longer than negative thinkers. This is according to studies into the health of Americans. Boston University researchers looked at data on 70,000 female nurses and 1,500 male military veterans. They found that people who were optimists (people who thought positively) were more likely to live to the age of 85. People who were more pessimistic (those who thought negatively) were 11-15 per cent less likely to live to 85. Researchers say optimists (positive thinkers) manage stress more easily than pessimists (negative thinkers).

Participants in the studies answered questions that assessed their diets, exercise, levels of optimism, and how much they smoked and drank. The surveys matched these levels with overall levels of health. A professor said: "Our findings speak to the possibility that raising levels of optimism may promote longevity and healthy ageing." Her advice for pessimists who might want to live longer was to, "imagine a future in which everything has turned out well". She urged people to be more optimistic. She said it was healthier to look on the bright side of life.

Level 3

Positive thinkers are more likely to live longer than negative thinkers. This is according to a combination of studies conducted by the Boston University School of Medicine into the health of people in the USA. Researchers looked at data on the health of 70,000 female nurses and 1,500 male military veterans. They discovered that people who were optimists (people who thought positively) were more likely to live to the age of 85. They said people who were more pessimistic (those who thought negatively) were 11-15 per cent less likely to live to that age. The researchers believe that optimists (positive thinkers) found it easier to manage stress than pessimists (negative thinkers).

Participants in the two studies answered questions in a survey. The questions assessed their levels of optimism. The surveys matched these levels with the participants' overall level of health. They were also asked about their levels of exercise, their diets, as well as how much they smoked and drank. Professor Lewina Lee said: "Our findings speak to the possibility that raising levels of optimism may promote longevity and healthy ageing." She had some advice for pessimists who might want to live longer. The advice was to, "imagine a future in which everything has turned out well". She urged people to increase levels of optimism. She said it was healthier for people to look on the bright side of life.

More free lessons, listening & online quizzes at breakingnewsenglish.com - Copyright Sean Banville 2019