



THE POWER OF POSITIVITY

ARTICLE WRITTEN BY SALLY

The Power of Positivity: How an 'EVERYTHING'S AMAZING' Attitude Promotes Good Health

In a world filled with challenges and uncertainties, maintaining a positive attitude can have a profound impact on both our physical and mental well-being.

The phrase "everything's amazing" embodies the idea that even in the face of adversity, there are aspects of life to appreciate and celebrate. This perspective is not just a philosophical notion; it is backed by scientific research. Let's explore how adopting a positive mindset can lead to better health and provide practical tips on cultivating this mindset, especially during challenging times.

Positive Attitude and Physical Health:

1. **Enhanced Immune System** - Research has shown that individuals with a positive outlook tend to have a stronger immune system.

Positivity boosts the production of immune-boosting cells, making the body more resilient to illnesses.

2. **Lower Stress Levels** - A positive attitude can significantly reduce stress, which is linked to various health problems. Less stress means lower cortisol levels, promoting better heart health and reducing the risk of chronic diseases.

3. **Longevity** - Studies have suggested that optimistic individuals tend to live longer. Their ability to cope with stress and maintain healthier lifestyles plays a significant role in their longevity.

Positive Attitude and Mental Health:

1. **Reduced Risk of Depression** - Positive thinkers are less likely to experience depression. Focusing on the positive aspects of life can help prevent and alleviate symptoms of depression.

2. **Improved Coping Mechanisms** - When faced with adversity, those with a positive attitudes are better equipped to



Want a regular Coast Chiropractic Kawana fix?

Follow us on Facebook and Instagram and enjoy regular posts and keep yourself up to date with a varied mix of posts from inspiration, motivation, education and funny pictures.

cope with challenges. They are more resilient and can bounce back from setbacks.

3. **Better Mental Well-being** - Positivity is associated with increased life satisfaction and overall happiness. A positive mindset can lead to improve mental health, self-esteem, and interpersonal relationships.

Tips for Cultivating a Positive Mindset:

1. **Practice Gratitude** - Every day, make a list of things you're grateful for. This simple habit can shift your focus to the positive aspects of life.

2. **Challenge Negative Thoughts** - When negative thoughts arise, challenge them with evidence of positive experiences or outcomes. This can help reframe your perspective.

3. **Surround Yourself with Positivity** - Spend time with people who radiate positivity and enthusiasm. Positivity is contagious, and being around optimistic individuals can influence your mindset.

4. **Mindfulness and Meditation** - These practices can help you stay grounded in the present moment and reduce anxiety. Mindfulness encourages a non-judgmental view of your thoughts and feelings.

5. **Set Realistic Goals** - Setting achievable goals and celebrating small victories can

boost your self-esteem and maintain a positive outlook.

6. **Physical Activity** - Regular exercise releases endorphins, which are natural mood lifters. It's an excellent way to promote positivity.

7. **Be mindful of the media and information you consume** - Reducing exposure to negative news or social media can help maintain a more positive mindset.

Maintaining an "everything's amazing" perspective may not eliminate all of life's challenges, but it can significantly improve your overall health, both physically and mentally.

By practicing gratitude, challenging negative thoughts, and sharing these attitudes with others you can inspire a culture of positivity.

So, let's spread the love with family, friends and strangers so that we can collectively embrace the power of positivity fostering a healthier, happier and more optimistic world.

-fally



shazs.shares

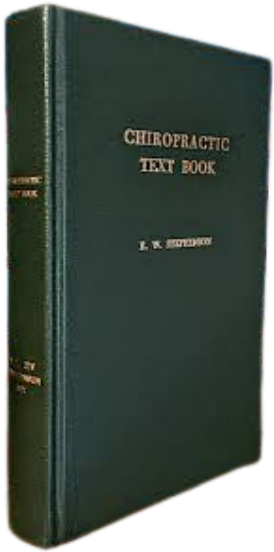
Try living one day without any unhealthy thoughts. It may be very difficult, but try another day, until it becomes habitual, and life will move in the direction of becoming healthy, vital, and alive.

-Norman Vincent Peale



Want a regular Coast Chiropractic Kawana fix?

Follow us on Facebook and Instagram and enjoy regular posts and keep yourself up to date with a varied mix of posts from inspiration, motivation, education and funny pictures.



The 33 Principles Series

Every month we are featuring one of the 33 Principles of Chiropractic that were published by Ralph W. Stephenson D.C. in 1927 in a book called “The Chiropractic Textbook”. Even today these principles are central to chiropractic. Whilst some of the language is a bit old the principles remain solid. Consider the principle of this month and discuss it with us when you visit the practice.



Here’s to a greater understanding of life and health.

Chiropractic Principle #12

Interference With Transmission of Universal Forces.

There can be interference with transmission of Universal Forces.

In Other Words...

Universal Forces are forces that have been organised by Universal Intelligence, for the purpose of carrying out Universal Intelligence’s “mission“. Unless an object or event interferes with their natural course, Universal Forces act consistently.

For Instance...

Forest fires are not all caused by human error. Some result from lightning, or a heat wave; such natural causes are Universal Forces, catalyzing the forest’s eventual renewal. These forces will accomplish their goal, unless firefighters extinguish flames.

As Applied To You...

The Universal Force of gravity pulls rain downward in a straight path to the ground. What if you stand in the rain with an umbrella?! Rain will defect off to your umbrella and change vectors; gravity is still in effect, but the rain’s straight path is no longer. Your umbrella was an interference.

-Ralph W Stephenson D C 1927



Want a regular Coast Chiropractic Kawana fix?

Follow us on Facebook and Instagram and enjoy regular posts and keep yourself up to date with a varied mix of posts from inspiration, motivation, education and funny pictures.

JACKIE'S RECIPE OF THE MONTH

Chicken & Chorizo Sheet Pan

DINNER WITH ASPARAGUS

Its asparagus season! One of my favourite veggies. Beside being delicious and versatile it is great for the microbiome!

Ingredients:

- 1 large onion, diced
- 1 medium red pepper, diced
- 1 small chorizo sausage, peeled and diced (about 100-150 g / 4-5 oz.)
- 1/2 teaspoon paprika powder
- 1/2 teaspoon onion powder (optional)
- 1/2 teaspoon cumin powder
- A pinch of dried coriander or thyme
- A generous pinch of salt and pepper
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 4-5 chicken tenderloins, cut into 3 pieces each (see notes for alternatives above)
- 1 teaspoon paprika
- 1/4 teaspoon cumin powder
- A pinch of salt
- 1 tablespoon olive oil
- 100 g / 3-4 oz. asparagus spears (1 bunch), ends trimmed
- 2 cloves garlic, finely diced
- 2 tablespoons lemon juice
- 1 tablespoon olive oil
- A generous pinch of salt



Method:

- Preheat the oven to 210 C / 410 F. While the oven is heating up, prepare the ingredients.
- In a mixing bowl, combine the onion and peppers with chorizo, spices, salt, pepper, olive oil and lemon juice. Spread the mixture on an ovenproof flat sheet pan.
- Mix the chicken ingredients in the same bowl, using your hands to rub the chicken pieces evenly. Spread the chicken pieces on top of the onion and peppers. Place in the oven, middle shelf, for 10 minutes.
- In the meantime, combine the asparagus with garlic, lemon juice, olive oil and salt and set aside. After 10 minutes, remove the sheet pan from the oven. Scatter the asparagus spears amongst the chicken and sprinkle with the remaining garlic and juices. Turn the heat down to 200 C / 400 F and place the tray back in for 7 minutes. Remove from the tray and serve while hot.

Recipe Source: <https://www.cookedandloved.com/recipes/sheet-pan-chicken-with-chorizo-asparagus/>



Want a regular Coast Chiropractic Kawana fix?

Follow us on Facebook and Instagram and enjoy regular posts and keep yourself up to date with a varied mix of posts from inspiration, motivation, education and funny pictures.

ABOUT OUR PEEPS



Anne Wensley has been a treasured member of the CCK community since the late 90's and to celebrate her recent 80th birthday Sally joined in with Anne's family, friends and neighbours to paint a mural on the front face of her home- A truly wonderful experience for all involved.

Happy Birthday Anne and thanks for all you have contributed to not only the CCK community but the entire Sunshine Coast over the past 60 years; your 'Everything's Amazing 'attitude is an inspiration to us all.

Mark, Mariah, Zach and Hannah at the IN8 Summit event in Geelong. This event, for chiropractors and students, provides challenging and informative information to allow us to provide even better care for our amazing practice members.



One of regular team training sessions!



CCK | 2023 CHRISTMAS CHARITY DRIVE



**connect
kids**

PLEASE HELP US MAKE A DIFFERENCE!

Help Connect Kids this Christmas in supporting Sunshine Coast's youth and families. Their mission is to break the cycle of disadvantage through mentorship, education, and job support.

With 18% of children in Australia living in poverty, Connect Kids are dedicated to fostering potential and brightening futures, powered by community volunteers and your generous donations. Let's uplift our children together!

SOME GIFT IDEAS

- Fun activity passes or, \$s towards, (Aussie World, Sea Life, Australia Zoo, Ten Pin Bowling etc)
- Fun activity passes (Australia Zoo, Sea Life, Ten Pin Bowling)
- Small toys or board games
- Colouring pencils or books

Ages 6-18yrs old, but donations for younger siblings, parents & guardians are also gratefully accepted

**PLEASE HAVE
DONATIONS TO US BY
FRIDAY 15TH DECEMBER**

