

Mayo Clinic Minute

Dr. Sood's Year of Tweets

VIDEO	AUDIO
	When you throw a rock in a lake, you know, it starts a wave.
	<i>Sound of a rock hitting the water</i>
	A negative thought is like that.
	It starts a wave. But, a positive thought can do that, too.
	So, Mayo Clinic resiliency expert Dr. Amit Sood is making positive waves ...
	<i>Sound of a rock hitting the water</i>
	... with tweets.
Title: AMIT SOOD, M.D. COMPLEMENTARY AND INTEGRATED MEDICINE Mayo Clinic	Our mind has something – what we call recency bias. So, whatever I am, has happened in the recent past, impacts my mind a lot.
	If your workday is busy or home life is hectic, wave after wave of negative thoughts can churn inside your head.
	Dr. Sood's tweets are designed to interrupt that mental monologue.
	Most are tied to research, though you may not see it.
	Like day 102's tweet: Laughter is like a brain massage.
	I sort of distill it down to a single message.
	For example, day 130's message: Look at yourself with the eyes of those who love you unconditionally. You are who your pet thinks you are.
	Day 136's thought: Do not lease your brain's real estate to those who make you feel unworthy.
	We can choose to start the wave of a positive thought. That is totally accessible to us.
	That wave is accessible on Twitter, @ Amit Sood M.D.
	<i>Sound of a rock hitting the water</i>
Graphic: newsnetwork.mayoclinic.org	For the Mayo Clinic News Network, I'm Jeff Olsen.

