# Mayo Clinic Minute

## How positivity helps your heart

| Video | Audio |
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| **Stephen Kopecky, M.D.** <br> **Cardiovascular Disease** <br> **Mayo Clinic** | "The power of positive thinking is one of the great, neglected benefits we can do for ourselves." |
| **Vivien Williams** | Cardiologist Dr. Stephen Kopecky says positivity is good for your heart health. When someone is super stressed out, blood flow to the heart decreases. |
| **Stephen Kopecky, M.D.** | "It's adrenaline. It's the fight-or-flight response, you know, that you either see something that's going to endanger you and you fight it, or your run like crazy to get away from it." |
| **Vivien Williams** | Dr. Kopecky says you can reduce your risk of heart-related illnesses by being more optimistic and reducing stress. |
| **Stephen Kopecky, M.D.** | "You certainly can change how your body reacts to it." |
| **Vivien Williams** | How? It can be pretty simple. Think of three things you're grateful for before going to bed or when you get up. |
| **Stephen Kopecky, M.D.** | "Your child did well in school or you saw an old high school friend, or you played a great game of golf and hit an ace in the hole or something. That practicing optimism over five years in 7,000 patients was shown to reduce their risk of heart attack, stroke and dying." |
| **Stephen Kopecky, M.D.** | "As long as you do it sometime during the day, it's shown to be helpful." |
| | For the Mayo Clinic News Network, I'm Vivien Williams. |