

JRS-11

~~김유림~~  
김유림

박진규

윤미린

박진규

유지희

JRS-12

김유림

김한연

김유림

김한연

김유상

노영훈

김유상

## Positive thinking helps us live longer

29th August, 2019



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.

Sources: [bbc.com](http://bbc.com) / [sky.com](http://sky.com) / [livescience.com](http://livescience.com)

### Writing

It's better to look on the bright side of life. Discuss.

### Chat

Talk about these words from the article.

positive / thinker / negative / data / health / optimists / nurses / veterans / stress / studies / questions / health / exercise / longevity / pessimists / imagine / future

### True / False

- a) The article says pessimists are less likely to live longer than optimists. T / F
- b) Researchers looked at data on 71,500 men and women. T / F
- c) The research says all optimists live to be the age of 85. T / F
- d) Positive thinkers are up to 15% more likely to live to be 85. T / F
- e) People answered questions about exercise, optimism and drinking. T / F
- f) Researchers say optimism can reduce longevity. T / F
- g) A researcher said imagining a dark future helps people feel optimistic. T / F
- h) A researcher said bright people should look on the healthy side of life. T / F

### Synonym Match

(The words in **bold** are from the news article.)

- |                       |                  |
|-----------------------|------------------|
| 1. <b>likely</b>      | a. increasing    |
| 2. <b>combination</b> | b. negative      |
| 3. <b>data</b>        | c. questionnaire |
| 4. <b>pessimistic</b> | d. mix           |
| 5. <b>manage</b>      | e. sunny         |
| 6. <b>survey</b>      | f. guidance      |
| 7. <b>assessed</b>    | g. probable      |
| 8. <b>raising</b>     | h. control       |
| 9. <b>advice</b>      | i. evaluated     |
| 10. <b>bright</b>     | j. details       |

### Discussion – Student A

- a) What do you think about what you read?
- b) What is your overall level of health like?
- c) What advice do you have for pessimists?
- d) What can you do to increase your longevity?
- e) How easy is it to imagine the future turns out well?
- f) Are you a glass-half-full person or a glass-half-empty person?
- g) Is it easy to always look on the bright side of life?
- h) What questions would you like to ask the researchers?

Positive thinking helps us live longer(August 29, 2019)

1. Who conducted this study?

Who did they study?

2. What did the researchers discover?

What do they believe about optimists?

3. What did the questions in the survey assess?

4. What did Professor Lewina Lee say?

5. What advice did the professor have for pessimists?

6. Are you optimistic or pessimistic about the future?

I'm optimistic because \_\_\_\_\_

OR

I'm pessimistic because \_\_\_\_\_