



EXERCISING AND POZITIVE THINKING - MEANS AGAINST DAILY STRESS

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Abstract

Research shows a balanced emotional life is as important to health as already traditional factors like a healthy diet, regular physical exercising and avoiding alcohol consumption, tobacco and other vices.

A healthy and balanced lifestyle is a very useful tool for preventing and treating the most terrible threats to health and to modern humans.

Scientists discover all the time that maintaining a positive and optimistic attitude has the ability to strengthen our bodies' immune system. It is also known this complex defense system is one of the main secrets in maintaining health..

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1. Introduction

One of the most exciting discoveries made in recent years is about the link between physical exercising and good health. Regular exercising boosts morale, helps the sleep, relieves stress, enhances health and helps prevent illness. For many depressed people, a daily one hour walk is more efficient than any medicine.

Health is defined as the body ability / capacity to adjust to everyday stress. With that in mind, healthy people must discover ways to pace themselves by finding the right balance.

Modern day life throws many of us in a race against the clock, a constant competition with those around but also with ourselves which is sometimes highlighted in the shape of exhaustion, debt, illness, depression and loss of appetite for living. This is a vicious circle in which many men and women are trapped.

2. Content

In everyday stress fight, regular physical exercising for at least 30 minutes a day is recommended. Physical exercitation increases endorphin secretion – hormones that make us feel well and protects our bodies from stress.

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A careful look must be given to rest, to night sleeping hours and also to relaxation and recovery. All these activities must be scattered around a day's schedule.

Forming a positive mental state is very important for maintaining health as each life moment must be transformed in a reason for joy, achievement and fulfillment. Life always gives us a choice in this direction.

One must always choose to enjoy life in every moment of it, to be grateful for every sunny day as well as for rain, to smile when we are smiled upon and to accompany each gesture with smiles. This approach to life is inexpensive and helps drive away hard-feelings.

The human body is in a constant effort of self-healing.

Recently, scientists have discovered that the human body self-fabricates narcotic like substances for its own use. The substances are called "endorphins".

Some years ago, Dr. Hans Selye acknowledged that fear and anger can trigger a massive release of adrenaline throughout the body. The reason behind this release is increased energy levels needed for normal "fight-or-flight" instinct.

Additional research demonstrated anger and rage can damage the body if prolonged. Also other negative feelings like pain, hate, bitterness and hard-feelings can have a devastating effect on people and on body defense against illness.

Norman Cousins made a breakthrough by curing a fatal disease using positive emotions like laughter, joy, love, recognition and faith – along other therapeutically methods. Since this discovery, specialists in psycho-neuro-immunology have identified a wide array of substances which the brain secretes when confronted to these feelings. They are all endorphins and their major effects include better health, immunity to diseases and a general well-being sensation.

Emotion is particular to humans – negative emotions favors illness whilst positive ones give a benefit to every part of the body. For example, any medic must comfort a patient in his / her last stages of suffering. A compassionate doctor will keep encouraging the patient to fight the disease and to survive.

Endorphin secretion is increased as a result of positive thinking. Solving conflicts, driving away hate and resent, encouraging a forgiving and generous attitude, discovering a strong belief – all these significantly increase endorphin production and helps the body cope to disease.

Scientists have also uncovered the fact that, at some point, a welfare state following physical exertion was not entirely because of a better physical shape. Something else was happening – an increase in endorphin secretion.



While a healthy diet, a good physical form and positive emotions stimulate and harden the immune system, illness, drugs and medicine as well as too much stress weakens it.

Research shows a balanced emotional life is as important to health as already traditional factors like a healthy diet, regular physical exercising and avoiding alcohol consumption, tobacco and other vices.

Thoughts and emotions directly influence the mind which in turn has a powerful effect over the body. There are recalls of people who believed they were dying and they did, without any logical explanation from medicine or other scientific reason.

One must never neglect a physical cure to a health issue. Giving up smoking, constant control over body weight, taking on a physical exertion schedule and medicine – all these must not be neglected. Most importantly, however the attitude is crucial.

King Solomon once said: “A joyful heart is a good cure but a sad spirit dries bones”.

The saying: “Everything not used is wasted” does not only apply to muscles and bones but also to lungs, brain, blood vessels, joints and any other parts of the body. Sedentary behavior is the shortest way to premature death. Inactivity kills, literally.

Good genes help some people survive despite some very bad situations. People look for more energy, a better health and life quality and only after that they think about prolonging their lives.

We can enjoy more vitality, a better health and a longer life by actively practicing regular physical exercises.

In today’s world, people can help their own health more than any doctor, hospital or medical progress. Scientific data confirms that daily and hourly decisions mostly determine our health and our illnesses. This is the reason why we must educate, motivate and inspire people to replace those health destroying habits with a healthy lifestyle.

A healthy and balanced lifestyle is a very useful tool for preventing and treating the most terrible threats to health and to modern humans.

We live in a society of urgency dominated by a “quick-fix” mentality – the main reason why no one believes a good health is instantly attainable.

Balance and limitations in the quantity of food and in our whole lives is the key that opens a path to health and long-lasting happiness.

Health is not everything but without it you have nothing...



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The Holy Scripture wrote it a long time ago: "A jolly heart is a good cure." – Proverbs

All the food we eat is refined, processed, concentrated, sweetened, salty but also chemically engineered for producing high calories but good taste. (a problem mostly found in Western Europe and the Americas) Chinese people, Japan and S-E Asian people who cannot afford to buy these foods suffer very few heart-attacks. The situation is the same in Africa and Central and South America where people have little concern about diabetes or heart problems. In return, North America, Australia, New Zealand and many European countries (Romania included) where diets are rich in fats heart illnesses and diabetes is almost plagues.

Physical activity accelerates the metabolic rate of our bodies. In addition, even after stopping all physical activities our body continues to burn calories at an increased rate. That is the reason many of us feel energized after exercising. Taking on a regular physical activity schedule helps remove excess weight.

Also very important for the body is rest and recuperation, which many neglect mostly due to a busy day or by immaturity ("we will recover all lost or sleep deprived hours at old age, plenty of free time then!"). This is a bad approach which accumulates as time passes.

Rest is an opportunity for our bodies to recover. During sleep, toxin removal takes place, mending defects and replenishing energy reserves. Alongside these, rest helps healing wounds, infections and other attacks on the body like stress or emotional trauma.

Resting hardens the immune system, increasing our resistance to getting sick.

Proper sleep is also capable of prolonging life. According to a major profile study executed a few months ago, people who regularly sleep 7-8 hours a day have a lower death rate than those who have less than 7 hours of sleep or more than 8 per night.

Humans need many types of rest and one of the wisest methods of placing rest on its rightful place in our lives is a relaxing sleep during the night.

Recomandations

For a healthy life regime some basic rules which must not be absent, must be learned:

- 30-60 minutes of active physical exertion / day;



- Regular getting up and going to sleep programs and eating. Regularity helps the body;
- Take a bio approach to food and eat foods that are closest to their natural state, with little oils, fats, sugar or salt; refined products are excluded or extremely rarely used as well as all animal based foods;
- Cheer up with a hot and cold shower in the morning as soon as you get up and one in the evening also;
- Drink at least 6 glasses of water a day;
- Try to keep yourself happy to help endorphins release to nurture your immune system.

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