

Positive Emotions and Your Health

Developing a Brighter Outlook

(A monthly newsletter from the [National Institutes of Health](#), part of the U.S. [Department of Health and Human Services](#))



Do you tend to look on the sunny side, or do you see a future filled with dark, stormy skies? A growing body of research suggests that having a positive outlook can benefit your physical health. NIH-funded scientists are working to better understand the links between your attitude and your body. They're finding some evidence that emotional wellness can be improved by developing certain skills. [READ MORE](#)

UMASS Medical School Employee Assistance Program

Need Help? You can call the Employee Assistance Program directly to schedule an appointment with a professional counselor. EAP counselors are available by phone 24 hours-a-day, 7 days-a-week to help you get started.

Call 1-800-322-5327 **Website** <http://www.umassmed.edu/eap/>