



Surprising Facts About Your Health

The human body is an incredible machine, capable of some weird and wonderful things. How many of these surprising health facts did you already know?

Get enough sleep

Studies suggest that an extra hour of sleep for the sleep deprived can do more for a person's happiness than a \$60,000 raise.

Chewing gum boosts your brain power

Chewing mint-flavored gum can dramatically decrease feelings of tiredness. In addition, studies have suggested that chewing gum can improve both test scores and memory by up to 35%.

Being optimistic can save your life

Research has revealed that optimistic people are less likely to suffer from heart disease, and heart patients who were more optimistic about their treatment lived longer than those who were not.

Get help with financial stress

A recent study found that people who have a tough time handling the stress of money woes are twice as likely to develop severe gum disease.

Surround yourself with sage

The smell of sage can reduce sadness and anxiety

Say "Thank You" often

Expressing gratitude boosts happiness and decreases depression.

Make exercise a lifelong habit

Exercising when you're young will improve brain function when you're older.

Hearts can break, literally

A recent study found that heart attacks were far more likely to occur soon after the death of a family member or close friend. The risk of having a heart attack seems to decline as grief subsides.

Find additional help from your Employee Assistance Program, ACI Specialty Benefits, at:
800.932.0034

