

Good News Department

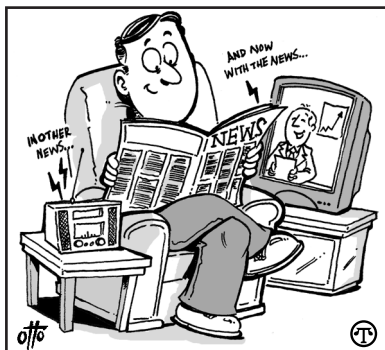
News That Does Your Mood Good

(NAPSA)—Would you like to feel better about your personal life? What about improving your relationships with others? If you answered yes, you may want to consider adding a daily dose of Good News to your life.

A new national survey showed that Good News can have a positive impact on your mood, which may help improve numerous aspects of your life. The survey found that hearing Good News can make people feel better about: the goodness of people (93 percent), the generosity of others (90 percent), the future of the world (83 percent) and their own personal life (76 percent). Additionally, it motivates and inspires them (77 percent) and puts them in a good mood (84 percent).

“It’s the impact of good news on a person’s mood and overall outlook on life that’s worth noting,” explained researcher David M. Bersoff, Ph.D., senior vice president, MONITOR, a division of Yankelovich. “People are not only craving a better balance in news reporting with more positive and uplifting stories, they need it—especially during times when world and community events seem to have taken a turn for the worse.”

While good news can uplift the spirit, the survey found that bad news, at times, directly impacts emotions in a negative way. More than half of all respondents indicated that they agreed with the statement, “hearing bad news makes my day worse.” When they read or hear troubling news, respondents indicate: they at least occasionally feel anxious or



According to a recent survey, more good news can help people feel better about themselves.

upset and feel less optimistic about life. Although 55 percent believe that good news events occur very or fairly often, 77 percent do not feel the media gives enough coverage to it.

“Simply put, reading, hearing and sharing good news with others has a positive influence on human behavior which is why it’s important that we all pay attention to and share good news with others,” said Dr. Bersoff.

So the next time you pick up the newspaper, turn on the nightly news or the radio, keep your eyes and ears tuned in for Good News...It can do your mood good.

The “Aleve’s Views About Good News” survey is the first part of a campaign being undertaken by Bayer HealthCare Consumer Care Division’s Aleve (naproxen sodium), which serves as a source of good news for many people with arthritis pain. For more information and the opportunity to read about and share good news stories, log onto www.AleveGoodNews.com.