How To Be Kinder To Yourself

Does a little voice in your head sometimes sabotage your best efforts? When you habitually judge yourself, you erode your capacity for self-compassion, which research shows is critical for happiness. One trick to help you tune out negative noise: Keep cheerful company. “Many people trace that negative inner critic to the voices of pessimistic people they grew up with,” says physician Susan Biali, MD, the author of Live a Life You Love. So spend as much time with upbeat people as you can. “Optimism is a learned skill,” Dr. Biali says. “Even the most hard-core Eeyore can become a happy-go-lucky Pooh Bear.”
Tech Breakthrough: Eyewear That Sees Emotion

There's a reason you turn red when you're angry: Emotions affect blood flow, causing subtle changes in skin tone. “We subconsciously read skin-color cues to perceive each other’s emotions and states of health,” says Mark Changizi, an evolutionary anthropologist. He and his team at 2AI Labs in Boise, ID, developed glasses (below) that filter out visual noise and sharpen your perception of skin-tone variations, enhancing your ability to pick up on someone’s health and mood. The technology may appear in sunglasses, from companies like Maui Jim, as soon as 2013.

O2Amp Oxy-Amp Eyewear ($297; o2amp.com)

WHY FACEBOOK FEELS SO GOOD

FACEBOOK ISN’T A WASTE OF TIME. Logging in to the social network can boost self-esteem, according to a new study in Computers in Human Behavior. Researchers hypothesize that posting status updates encourages you to focus on the positive aspects of your life. Just remember that it’s no stand-in for real friends. “If you’re not careful, the self-esteem boost you get can turn into attention-seeking and narcissism online,” says Jean Twenge, PhD, the author of Generation Me and a lead author of the study. “Enjoy the site, but remember that in-person relationships are what really nourish our souls.”

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