5 Factors of Healthy Aging

1. No Longer Defined by My Job

\*What’s my ‘job’ v. How will I live meaningfully?

 \*Opportunity to make a difference in a new way

 \*What does ‘meaningful use of time’ mean? No longer attached to money.

 \*Be cognizant of emotional aspect of being retired

2. Find Your Social Group

 \*How do you find opportunities to interact with others in a genuine way?

 \*”Third phase” of life – developing new groups of friends, community

 \*Do not listen to the ‘youth culture’ that says we are ‘done’ (ageism is an

 attitude)

3. Managing Your Resources

 \*Treasure – have a financial plan to take care of yourself and family

 \*Time – what will you do with your time? Caregiving? Volunteering?

 \*Talent – you have wisdom to share with others, skills that have been

 developed over time. “Personal equity” resource.

4. Wellness – not just the absence of disease but presence of health

 \*be aware of developing healthy habits

 \*mental health equally important

 \*consider the value of simplifying your life

5. Spiritual – have the time to:

 \*reflect on the ‘bigger picture’ – what is my legacy?

 \*realize our time on earth is finite

 \*think about what is the meaning of life/existentialism

Other articles about aging “gracefully”

\*50 tips for aging gracefully

<http://www.ecumen.org/resources/50-tips-aging-gracefully-ecumen#.Vuik_ilAXOU>

\*9 things people aging gracefully do differently

<http://www.huffingtonpost.com/2015/06/05/what-people-aging-gracefully-do-differently_n_7469644.html>