

Aging Doesn't Have to Mean Declining

When you think about getting older do you automatically think of it as a decline? Do you expect to lose mental and physical capacity as you age? Do you see your brain and your body as machines that are slowly wearing out?

The reality is not nearly that simple, nor that gloomy! All parts of your body, including your brain, are actually exceptionally good at keeping themselves renewed, and with a bit of help and stimulation from you will serve you well to a ripe old age.

As with anything in life, the attitude you bring is crucial, so start by changing your thinking. If you expect to lose physical and mental capacity with age then you will: it's as simple as that. You need to change your expectations and beliefs and start sending positive messages to your body. Focus your attention on the people you come across who are thriving in old age not those who have declined.

You also, of course, need to support your body with balanced nutrition and physical and mental activity to allow it to realise your intentions.

Eat a balanced diet, high in fresh vegetables and fruit and low in packaged and processed foods. Highly processed and packaged foods might be convenient but they come at the cost of significantly lower nutritional content compared to whole foods and often contain a large array of chemicals that are more likely to harm than help your body. Good nutrition is key to keeping your body in peak condition.

If you don't keep your mind and your body active then both will stagnate and decline. Stick to routines for the basics of life, but avoid becoming a creature of habit outside of that. Your body will respond best to regular sleeping and eating patterns, but your brain needs the stimulation of variety and new experiences to avoid decline. Live a more mindful life to keep your mind active and engaged. Actively notice and engage with the world around you instead of just letting it pass you by. Challenge your brain by learning new skills such as a musical instrument or a new language. Exercise regularly and try and include a wide variety of activities.