

## **Aging Attitudes**

Dr. Shevaun Neupert, Associate Professor of Psychology at North Carolina State University says, "The way we think about aging has very real consequences for how we respond to difficult situations when we're older. That affects our quality of life and may also have health ramifications. For example," she explains, "more adverse emotional responses to stress have been associated with increased cardiovascular health risks."

Research has found that people with a positive perception of aging will outlive negative thinkers by *7½ years*. Positive thinkers achieve better health and cognitive capabilities, and they maintain independence longer than their negative counterparts.

### **Embrace Your Untapped Potential**

The fact is, most of us have abilities that we've yet to realize. Embracing these with a "can do" attitude will change your life. A great example of this is Fauja Singh. Born in 1911, Singh picked up distance running at the age of 89. His positive thinking saw him celebrate his 100th birthday by crossing the finish line at the Toronto Marathon. Like Singh, how can you embrace untapped potential?

### **Reframe Your Response**

Life's journey is filled with challenges, but how you view and respond to these is key. If you can't run, walk. If you lack energy, exercise. You may be saying you're too tired to exercise. On the other hand, if you exercise, you won't be so tired. Don't let aches and pains slow you down — being active will reduce their impact. Build a foundation for positive thinking by creating a list of all the things you say you can't do, then set out to establish how you can do them.

### **Think for Yourself**

"You're too old to do that." People who held more negative thoughts about aging earlier in life had greater loss of hippocampus volume when they aged. In other words, the researchers say, people who held negative age stereotypes had the same amount of decline in three years as the more positive group had in nine years.