

- Aging / Self-improvement

Find joy and growth in growing older

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AGEING IS a part of life we all face, but it doesn't have to be a gloomy journey. Many people see growing older as a time of decline and loss, but it can be a period of joy, growth and new experiences. Let's dive into how we can change our perspective on ageing and make it a fulfilling part of life.



THE POWER OF A POSITIVE MINDSET AND LEARNING

Our mindset plays a huge role in how we age. Studies show that a positive attitude about getting older can greatly improve our health and happiness. Instead of focusing on what we might lose as we age, we can focus on what we can still achieve and enjoy. Embracing a positive mindset means seeing ageing as a journey filled with opportunities rather than a series of declines.

One of the best ways to stay sharp and happy as we age is to keep learning. Whether it's picking up a new hobby, getting to grips with a new language, or exploring a new interest, staying curious keeps our minds active.

Lifelong learning isn't just about formal education; it's also about staying engaged and open to new experiences. This will keep our brains healthy and give us a sense of accomplishment and joy.

STAYING ACTIVE AND HEALTHY

Physical activity is crucial as we age. Regular exercise helps maintain our muscles, keeps our hearts healthy, and boosts our mood. Activities like yoga, tai chi and swimming are great because they're gentle on our bodies while still providing a good workout. A balanced diet rich in nutrients also supports our overall health, helping us feel good and energetic. It's also important to drink enough to stay hydrated during all this exercise, especially in the warmer months.

BUILDING SOCIAL CONNECTIONS

We are social creatures, and staying connected with others is essential for our wellbeing. Loneliness can seriously affect our health, but maintaining strong relationships with family, friends and our community can make a big difference. Volunteering, joining clubs, or simply spending time with loved ones can keep us feeling connected and supported.

FINDING PURPOSE AND FULFILMENT

Having a sense of purpose is vital at any age. Many people discover new passions and callings later in life, whether it's through creative pursuits, mentoring, or getting involved in causes they care about. Finding something that gives us purpose can improve our overall quality of life and motivate us to stay active and engaged.

EMBRACING TECHNOLOGY

Technology can be a great friend as we age. Health monitoring devices help us stay on top of our wellbeing, while social media keeps us connected with loved ones. Learning new technologies can also be fun and stimulating, keeping our minds agile and helping us stay engaged with the world.

It's important to be kind and compassionate to ourselves. Ageing comes with its challenges, but treating ourselves with understanding can make a big difference.

Accepting the changes in our bodies and focusing on what we can do rather than what we can't will allow us to enjoy life more fully.

Ageing doesn't have to be a time of decline and sadness. By embracing a new approach to ageing, we can we can redefine it as a time of continued growth, learning and joy.

Let's celebrate the wisdom and experiences that come with age and look forward to the future with enthusiasm. Ageing is just another chapter in our life story, and it can be a wonderful one.