

Laugh Lines and Love Handles: Aging Gracefully

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1. The Power of Thoughts
 - a. Grandma's Rose Colored Glasses can Improve Your Perspective
 - b. Explanatory Style – The Way You Explain Things Makes a Difference
 - c. Self-Talk – You Will have More Conversations with Yourself Than Anyone in Your Life
 - d. How Others Affect You – If Someone Pushes Your Buttons – Remember You Installed Them
 - e. Be a Car-Fixer vs Horn Honker – Problem Solve
 - f. Cultivating Happiness – Make Happy Happen
 - g. Stomp out A.N.T.S. – Get Rid of Automatic Negative Thoughts
 - h. Learned Optimism – Use the ABCDE Approach
 - i. Of All the Things You Wear; Your Expression is the Most Important
 - j. Gratitude Increases Happiness and Improves Health
 - k. Kindness Makes a Difference in Your Life and the Life of Others
 - l. Forgive – Don't Burn Down Your Own House
 - m. Stop Worry - Keep Your Body out of Fight, Flight, or Freeze
 - n. Get Rid of Guilt – Use it as Your Guide not Your Master
 - o. Find Humor in Your Daily Life – Find the Funny
 - p. Laugh; Laugh Out Loud – Laughter Boosts Your Antibodies
 - q. Avoid Common Thinking Errors – They Lead to Stress – Anxiety – Depression and a Bad Attitude
 - r. Communicate Effectively

2. Social Connections
 - a. Keep the Big Picture in Mind – Remember What's Most Important
 - b. Make Memories that Matter – Do Positive and Fun Things
 - c. Choose Positive Friends in All Ages and Stages of Life
 - d. Volunteer to Make a Difference in the Lives of Others
 - e. Choose Your Advisory Board Wisely

3. Move Your Body and Grow Your Brain
 - a. Aerobic Fitness
 - b. Muscle Endurance, Strength, Flexibility
 - c. Yoga
 - d. Good Posture

4. Challenge Your Brain
 - a. The Principle of Adaptation & Overload
 - b. Meditation & Mindfulness

5. Our Changing Bodies and Brains
 - a. Laugh Lines
 - b. Love Handles
 - c. Serenity Prayer

6. Live Intentionally
 - a. Live Life According to Your Values
 - b. Embrace a Growth Mindset
 - c. Don't Just Know It – Do It

Age is a chronological number, old or young is an attitude and lifestyle. Make it your goal to die young, as late in life as possible. We begin the aging process at birth. Making healthy choices early in life will enhance life's journey and starting at any age can make a difference. Average life expectancy is 81 years for women and 76 years for men. We are living longer and want to live happy, healthy, and independent throughout our lifespan.

Genetics plays a significant role in how many candles you will add to your cake, attitude and lifestyle choices also play a major role in length and quality of life. Bathe your brain with positive thinking like a shower cleanses your body. We take time to shower/bathe most days of the week; we also need to take time to cleanse our brains with positive and inspirational thoughts and activities.

You are in the driver's seat of your life journey. Living life intentionally is making the decision to identify your values, the things that are important to you, and make choices in your daily life to live life according to your values. Aging gracefully is about choices we make each and every day that can add years to your life and life to your years.

Eckmann, T. (2016). *101 Ways to Age Gracefully*. Healthy Learning; Monterey, CA.
Eckmann, T. (2013). *101 Brain Boosters*. Healthy Learning; Monterey, CA.