

Embrace Aging! Mindset is Key

by Anita Duwel

Your mind is extraordinary! Put it to good use!

Embracing aging does not mean that you deny you are getting older but that you accept it so that you can move forward and live the life you want. Don't let a number dictate what you can or can't do!

The best part about aging is that you have the knowledge and life experience to handle situations that arise. You are not as stressed anymore, you are not bothered by what people think or say about you, and you are more comfortable with who you are as a person.

It's wonderful! Recognize the wisdom and freedom that comes from aging and have some fun!



I used to stress about my age and never wanted to tell anyone how old I was! Now, by embracing it, it has opened up a whole new world. I see life differently and am getting so much more out of it! I get to play, travel, learn new things, fly fish with my husband, hike with my daughter, golf with my son, etc. I am loving it!

How do you shift your mindset?

Embrace Change. We may have less energy and can't stay up all night but it doesn't mean life stops. Focus on what you can do and believe me there is lots!

Start talking about what you are doing that day—going for a walk, going for lunch with friends, taking that photography class you always wanted to take, being thankful for what you have.

Stop chatting with friends about low energy, aching joints, or how you can't do this or can't do that.

What we believe or tell ourselves will come true!

Age is just a number. Research is showing that individuals who believed this did better on memory tests. Don't be afraid to take on challenges and learn new things!

Spend some time outside. Go for a walk and look at all the beauty that surrounds you. Take in the different smells, feel the wind or the warmth of the sun. What a great way to lift your spirits and open your mind to the life around you!

Act as if you are 10 or 20 years younger! This alone will give you a boost of energy.

Know that when you change your mindset and embrace aging, you are on your way to a more vibrant life!

Do social interactions have an impact on our mindset and how we age? Stay tuned for the next issue to find out!

Note: Anita Duwel is owner of *Love the Life You Live/ Aging with Vitality* and co-owner of Health SAVVY. She is a Holistic Nutrition and Wellness coach, Workplace Wellness Consultant and, at the age of 48, was a three time world champion! Learn more at www.AnitaDuwel.com

Are you curious about that World Champion title? So are we, so check out the next issue of The Townships Sun to uncover the mystery.

Magazine link: <http://bit.ly/NLMagazine-issue3>

ARLIE C. FEARON



(819) 562-3473
(819) 562-6996
1486 Wellington St.
Sherbrooke (QC) J1M 1K9

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