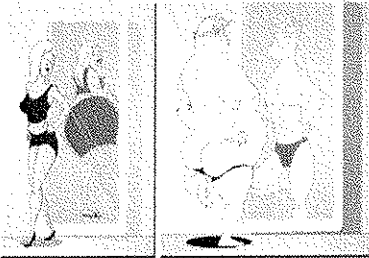


*Healthy Aging
Survival Kit*

Terry Ferebee Eckmann, Ph.D.
Maine State University

#1 Aging Gracefully
Grandma's Rose Colored Glasses

#2 Aging Gracefully
Our Reality is Based On Our Perception



The Difference Between Women & Men

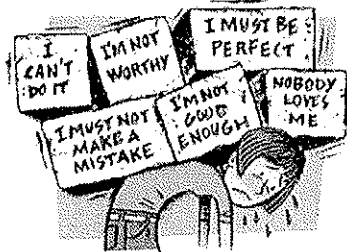
The Imaginary Journey

#2 You choose the filters through
which you see the world!

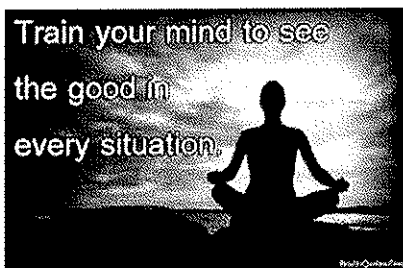
- Filters through which you see yourself.
- Filters through which you see other people.
- Filters through which you see your lifestyle.
- Filters through which you see your work.



#4 Tune Into Your
Explanatory Style

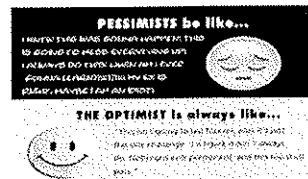


Choose Your Thoughts Wisely



The Filters Through Which You See the World

Optimism is the tendency to interpret actions or events in the best possible light.



Pessimism is the inclination to interpret the worst.

Optimists Live Longer

Optimists Live 19 Percent Longer Than Pessimists



Aging with GRACE

What the Nun Study Teaches Us About Leading Longer, Healthier, and More Meaningful Lives



DAVID SNOWDON, Ph.D.

Mindful Optimism

Depressed teenagers taught to practice mindful optimism three times a day (Shauna Shapiro)

- ✓ Reduced Anxiety and Depression
- ✓ Improved Self-Esteem & Sleep Quality



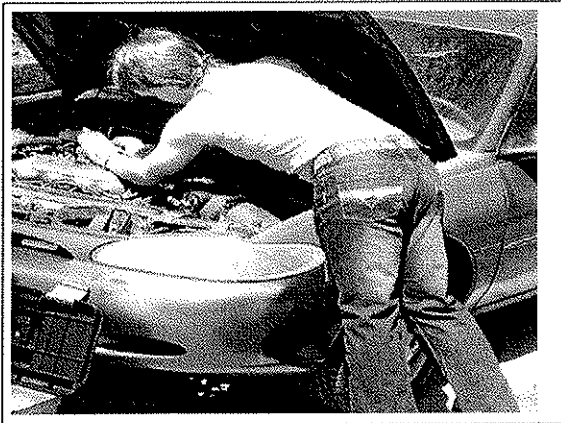
The Three Pessimistic P's

- **Personal** – It's All My Fault - It's About Me
- **Permanent** – It's Always Like This
- **Pervasive** - One Thing is Bad so Everything Is Going to Be Bad



The Three Optimistic P's

- **Personal** – It's Not About Me, It's Something Outside of My Control
- **Permanent** – I had a bad day, it will get better. This is a tough time, things will improve
- **Pervasive** – One area of my life is going well but things are good in other areas, I bombed this test but will do well on the next.



#6 Be a Car Fixer

Are you a horn honker?

Or a Car Fixer?

When Someone or Something Pushes Your Buttons



Red: Stop & Do Mindful Breathing

Yellow: Think About All the Ways to Respond.

Green: Choose the Most Mindful Response

#11 Aging Gracefully

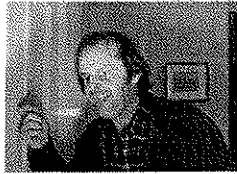
Think About What You Are Thinking About



Choose Your Thoughts Wisely

We don't allow unwelcome guests into our home. We need to treat unwelcome thoughts in the same manner – kick out unwelcome, uninvited, negative thoughts.

98% of our problems are caused by our own thoughts.



About Your Thoughts

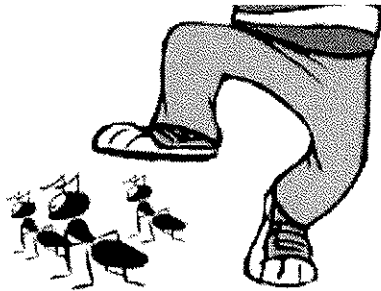
- ✓ Thoughts, positive or negative, grow stronger together when fertilized with constant repetition.
- ✓ Your life is directed by your thoughts
- ✓ Your thoughts create your behavior
- ✓ Your thoughts and your emotions are closely linked. Toxic thoughts create negative emotions.
- ✓ You can learn to be responsible for your thoughts.

We are what we think!

- Research shows that Fear triggers more than 1,400 known physical and chemical responses and activates more than 30 different hormones and neurotransmitters.




#12 Stomp Out Automatic Negative Thoughts

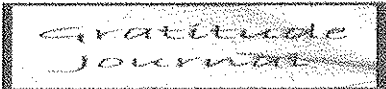


#8 Choose Happy



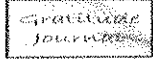


- I am Grateful for _____ 😊
- I am Good at _____ 😊
- One Kind Thing I Did for Someone Else Today ☺




#15 Practice The Attitude of Gratitude


Researchers trained people to focus on things they are grateful for over a three-week period of time.



Research outcomes indicated measurable changes in levels of happiness, optimism, and social connectedness.



The people in the study also reported getting better sleep.



Minute Mover




Thanks, Joy, Love

Arms Reach Up To the Sun Looking Up to the Sky

Arms Reach Out to Side Opening Heart to Sun

Arms Cross The Body Hugging Self

Song: And When I Rise by Emile Delfino Sales Posch

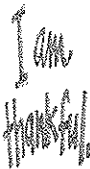






Brain Booster 27

Minute Minder

Thanks, Joy, Love


Choosing positive emotions is good for your brain and your body.

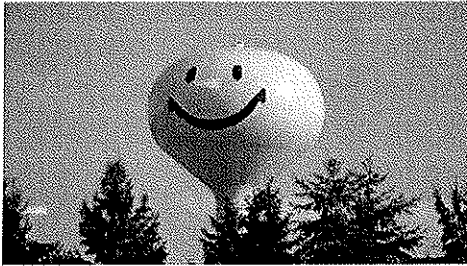
We Communicate Our Attitude



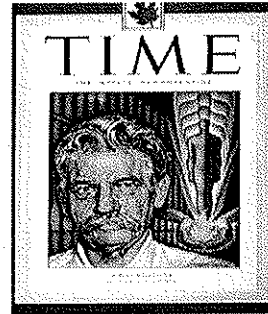
What Does Your Attitude T-Shirt Say



#20 Communicate Effectively
We Communicate Our Attitude



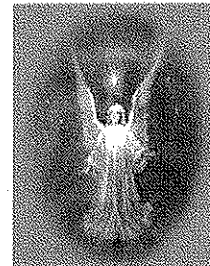
To Succeed in Life



Skin of a Rhino



The Soul of an Angel



The Skin of a Rhino and the Soul of an Angel

The Four Agreements
Takes the Eastern Philosophy of the Aztecs

- **"Be Impeccable With Your Word"**
Do not use words to hurt others. Do not say anything unless it is true, necessary, or kind. Do not use words to gossip, to lie, to flatter, or to deceive.
- **"Don't Take Anything Personally"**
Everything others do is a reflection of their own reality, their own beliefs, and their own fears, not yours. Do not let others' actions disturb you. You are not the cause of anyone's problems, and you are not responsible for other people's actions.
- **"Don't Make Assumptions"**
You cannot know the mind of another person. Do not project your own beliefs onto others. Do not make assumptions about what others are thinking or feeling. Do not read other people's minds or assume you know what they really think. Stop the projection and stop the assumption.
- **"Always Do Your Best"**
Your best is all you are capable of. There is no perfect. There is only better, and only when you do your best do you know you are doing it. Do your best not to become a victim. Do your best not to become a perpetrator. Do your best not to become a complainer. Do your best not to become a critic. Do your best not to become a controller. Do your best not to become a blamer. Do your best not to become a punisher. Do your best not to become a punisher of others. Do your best not to become a punisher of yourself.

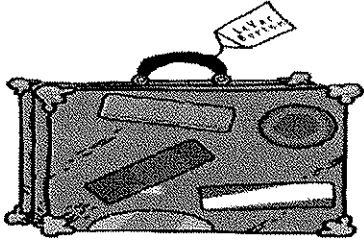


A Tongue

So You Don't Have to Bite Your Own



Don't Get Your Bags Sent to Japan



When Someone or Something Pushes Your Buttons

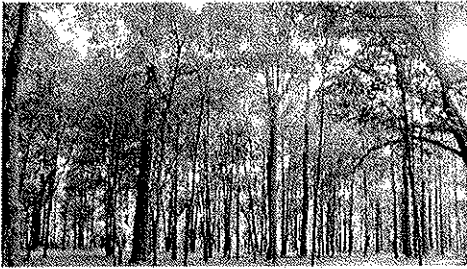


Red: Stop & Do Mindful Breathing

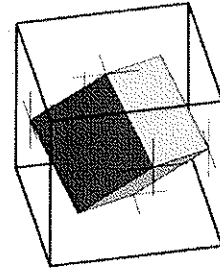
Yellow: Think About All the Ways to Respond.

Green: Choose the Most Mindful Response

Big Picture



A Box



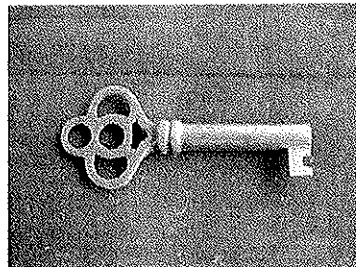
A Rubber Band

To Remind You to Stay Flexible



A Key

To Unlock the Potential of Those You Touch



Watch

To Make the Most of Your Time



The Dash

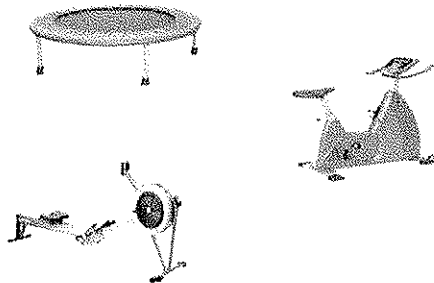


Mirror

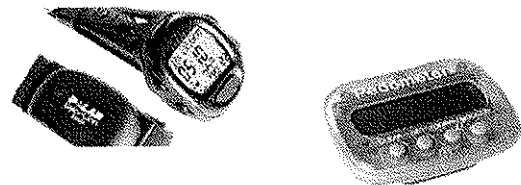
To Remind You to Take Care of You



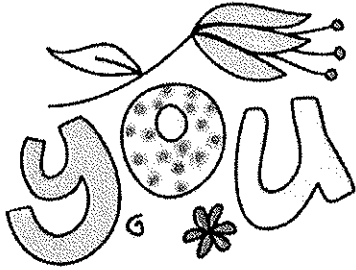
Dorothy Heller's Poem



Dorothy Heller's Poem



Dorothy Heller's Poem



Healthy Aging Survival Kit

Rose colored glasses to see the best,
For each person with different gifts is blessed.
The soul of an Angel and a Rhino's thick skin,
Doing our best to inspire and believe from within.
A tongue to bite, to take time to think things through,
With a mentor or special friend who'll help to guide you.
Striving to see the big picture, stepping outside of the box,
For it's the joy in life's journey our attitude unlocks.
A rubber band to stay flexible and willing to change,
For every person in our life is not on the same page.

Healthy Aging Survival Kit

You are the **key** to supporting family, community and friends,
Unlocking great potential to help all do their best.
So take care of yourself, a difference you can make,
Drink water, exercise, and eat 5 fruits and veggies a day.
A watch to remember the gift of time and how you spend your dash,
We know it's the difference we make in others'
lives....it's not about the cash:))!
Terry Eckmann