

Thriving Through Your Golden Years

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Thriving Through Your Golden Years

Embracing Change
& Enjoying Life



How Does It Feel
TO GROW OLD?



Growing Old is Understanding
the Beautiful Changes That Life Brings



Myths of Growing Old

Let's explore the truth together and shatter misconceptions about aging.

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- ❖ Myth #1 : Aging = Disease
 - ❖ Myth #2 : Seniors can't learn new things
 - ❖ Myth #3 : Seniors Lack strength & vitality
 - ❖ Myth #4 : Depression & Loneliness are part of old age
 - ❖ Myth #5 : Older Folks can't contribute to society

So ,

**Many Seniors experiences the
following...**

Psychological anxiety refers to worry, fear, unease, and concern about future events. It typically accompanies physical symptoms such as heart palpitations, chest tightness, sweating, and fatigue.







Anxiety: Practical Tips for Managing Anxiety

Deep Breathing Exercise

Deep breathing helps relax both body and mind, alleviating feelings of anxiety.

Mindfulness Meditation

Focusing on the present moment and observing feelings without judgment helps control anxious emotions and builds emotional resilience.

Exercise

Physical activity releases stress hormones and improves emotional regulation abilities. Even gentle walks can make a significant difference.

Seek Support

Talking with family, friends, or professional counselors can reduce anxiety. Sharing concerns often diminishes their power over us.

Psychologically,
sadness is a negative
emotion **typically
triggered by
separation, loss, or
failure.**

It encompasses
feelings of dejection,
disappointment,
discouragement,
loneliness, and
isolation.

Sadness





Sadness to Grief: How to Healthily Process Feelings of Loss



Allow Yourself to Feel
Sad and Express Your
Emotions



Remember Beautiful
Past Moments and
Draw Strength from
Them



Seek Companionship
and Support from
Family and Friends

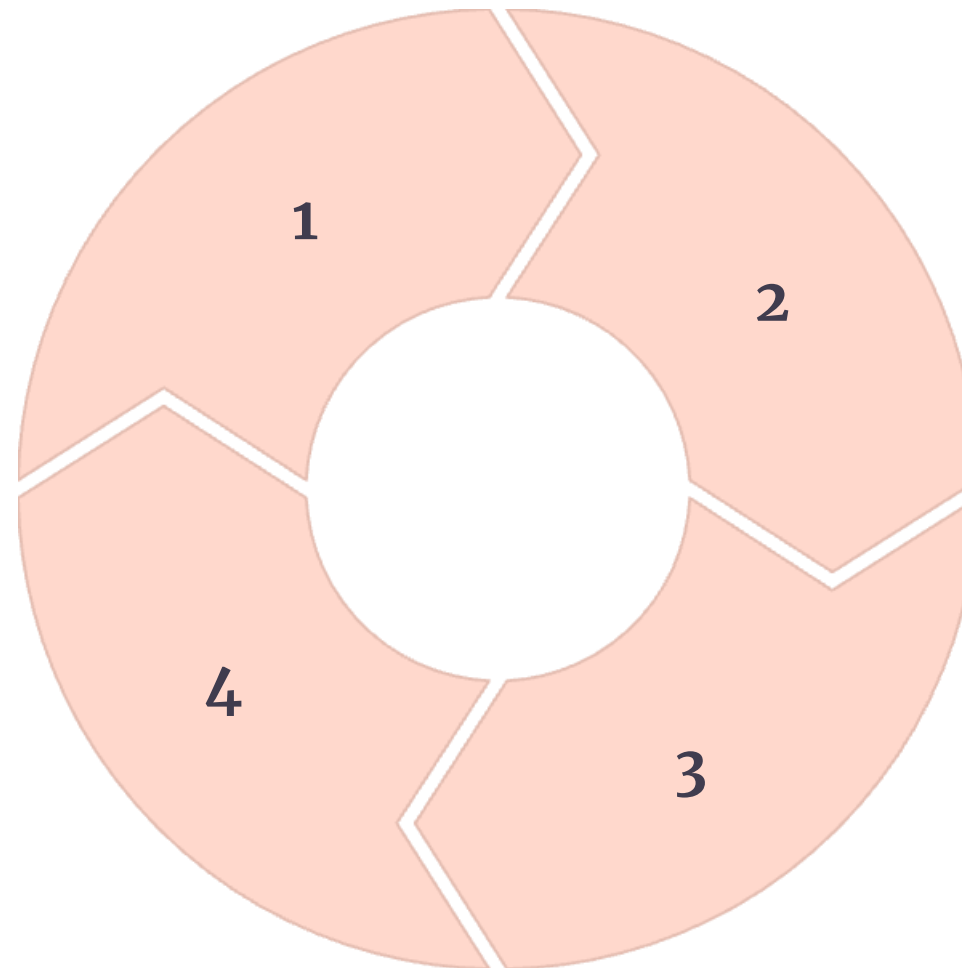
Stay Positive: Cultivating Optimism and Well-being

Be Thankful

Appreciate the beautiful things in life. Keep a gratitude journal, practice daily thankfulness, and focus on positive experiences rather than dwelling on difficulties

Seek Meaning

Seek and create significance in your daily activities. Find ways to contribute, help others, or engage in activities that align with your values and beliefs.



Purposeful

Set meaningful objectives and work toward them. Having purpose and direction provides motivation and a sense of accomplishment, regardless of age.

Relationships

Maintain and nurture positive social connections. Strong relationships provide emotional support, shared experiences, and opportunities for giving and receiving love.

Discovering New Passions

1

Explore New Things

Try new hobbies and interests such as painting, music, writing, gardening, or photography. The golden years offer the freedom to pursue interests you may have postponed during busier decades.

2

Join Interest Groups

Connect with like-minded individuals through clubs, classes, or community organizations. Shared interests create natural bonds and provide opportunities for learning and social interaction.

3

Participate in Volunteer Service

Contribute to your community and gain a sense of achievement. Volunteering provides purpose, social connection, and the satisfaction of making a positive difference in others' lives.

Healthy Eating: The Impact of Nutrition on Mood and Physical Health



Balanced Diet

Ensure intake of various nutritional elements including fruits, vegetables, whole grains, lean proteins, and healthy fats. A diverse diet supports both physical and mental well-being.



Control Sugar and Fat Intake

Reduce consumption of processed foods, excessive sugars, and unhealthy fats to maintain a healthy weight and stable energy levels throughout the day.



Stay Hydrated

Maintain adequate water intake to promote healthy metabolism, support cognitive function, and maintain overall physical health and energy levels.



Moderate Exercise: How Physical Activity Improves Mood and Sleep

1 Reduce Stress

Physical activity releases endorphins, the body's natural mood elevators, while reducing stress hormones like cortisol. Even gentle activities like walking or stretching can significantly improve emotional well-being.

2

Improve Sleep Quality

Regular exercise promotes better sleep patterns, helping you fall asleep faster and enjoy deeper, more restorative sleep.

3

Strengthens Physical Health

Exercise boosts immune function, improves cardiovascular health, maintains muscle mass and helps prevent falls. These physical benefits contribute to greater independence and confidence.

Successful Cases of Active Aging

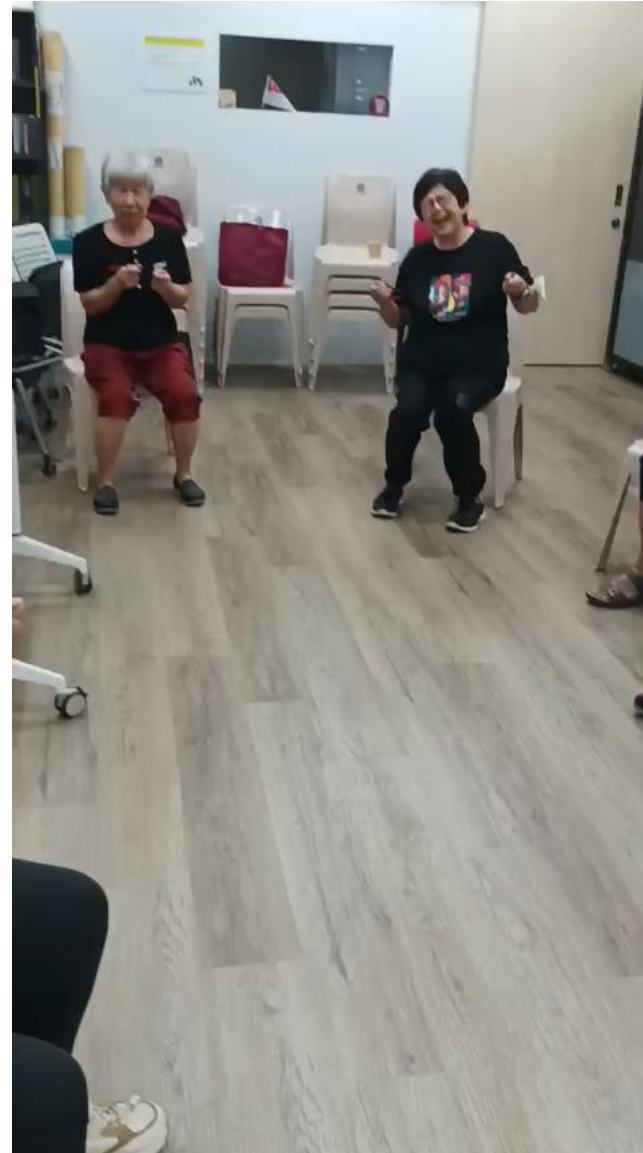


Actor Chow Yun Fat, at the age of 70, has garnered admiration for donating his entire fortune to charity and for his impressive image as a runner. His running journey began coincidentally as a way to lose weight for a role, but it later became a passion and a daily habit.



The 90-year-old has been pumping iron since 2023, encouraged by her granddaughter to take up the sport after she was diagnosed with Parkinson's disease. She credits the regimen with helping to fix her posture.

Sharon Poon, 74, certified Fitness Instructor since 2023.





Get Ready to Thrive Through Your Golden Years

- Maintain a Positive Attitude
- Learn a New Skill
- Exercise Regularly and Eat Healthily
- Be Socially Active
- Contribute to Society

*Actively Embrace the Golden
Years and Enjoy a Beautiful Life*