

# The Fountain of Youth

Create and sustain the high level of health and well-being associated with youthfulness by doing some common-sense things. People who practice the following disciplines tend to enjoy being in great shape, even as they advance in years.

## Keep your mind and emotions well:

- Having a positive attitude goes a long way. Being positive does not mean going into denial when life presents its inevitable challenges and transitions. It means facing all situations with an underlying trust that all is well and that life is user-friendly.
- Be kind, patient and encouraging with yourself (and others!) especially as you learn new habits. Be your own best cheerleader.
- Optimists recover from illness more quickly than pessimists! They have "radar" that finds open doors and new opportunities; attract a high level of 'lucky breaks'; are surrounded by visionary thinkers; see problems, setbacks and roadblocks as an opportunity to refocus and take better aim; and make better use of their time and energy.
- A consistently positive attitude has been linked with healthy blood pressure, lower cholesterol, more restful sleep, seeming immunity from high-risk diseases such as cancer, and more satisfying personal and professional relationships.
- Exercise your mind. Be a life-long learner. Allow yourself to have some regular passionate mental pursuit. Even simple card games, Scrabble®, jigsaw puzzles or crossword puzzles can give those brain cells a great workout!

## Keep your spirit well:

- Keeping your mind and emotions well helps you have a peaceful spirit. When you have not pulled the plug on your own attitude, you will tend to have more energy to explore and create an active and satisfying spiritual life.
  - Base all your goals, actions and attitude on deeply held values and principles. Be an example and mentor for others.
  - Be an active part of a spiritual alliance with family, friends and co-workers. Encourage each other to claim the higher ground.

## Keep your body well:

- Eat well. Develop a healthy relationship with food so that you eat for the health and well being of your body. Habits such as going numb with fatty food or excess quantities of food, or temporarily energizing with sugar or caffeine rather than the slow unfolding of rich, complex carbohydrates cost you far more than they give you. Conquer the Five-a-Day challenge and eat at least five servings of fruits and vegetables each day. Be disciplined and keep your intake of fats at a healthy level. Fast foods, processed foods and many restaurant foods are notorious hiding places for extra/excess fats. Keep a balance so that your intake of fats serves your health.
- Drink eight to 10 glasses of water a day. Water helps your kidneys flush toxins from your blood and helps keep your skin supple.
  - Be physically active. Even 30 minutes a day spent in activities such as walking, dancing, yoga, golf, gardening, bicycling, etc., goes a long way in keeping both your body and mind in peak shape.
  - Take time to relax, unwind and maintain good sleep habits.

Practice these disciplines as though your life depended on it - because it does! Consistently drink from the 'fountain of youth' for a wealth of mental, emotional, spiritual and physical well-being.

