

Friday July 6, 2018

WHAT HAPPENS TO YOUR PERSONALITY IN YOUR OLDER YEARS

- Some become discontented, grumpy, boring.
 - Some search out literature they enjoy, listen to music they find inspirational, become involved in tasks that are meaningful to them and helpful to others.
 - Some seem to be stuck in the past and others are emphatically building a different life from what had been their major concern for the previous decade.
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We know that as we grow into old age and very old age, we are likely to experience changes in:
Our physical health
Our vitality, identity and purpose

- We may need to recognise decline, discontent and devaluation.

QUESTIONS

1. Can we be pro-active in sustaining a positive, affable personality?
2. Can we develop and sustain a strong level of resilience?
3. Positive emotions and positive emotional energy are often tagged as essential for health and well-being. Sometimes that sounds like too much effort. Can we be pro-active in lifting and sustaining our emotional energy?
4. Revisit some of the “F” factors – here are six of them
 - Focus. Filtering. Fencing. Flourishing. Flow. Faith Factors
5. Can we make growing old more attractive than it has been viewed in the past?
 - a) Positive re-evaluation of the past
 - b) Controlling and reducing the power of negative memories
 - c) Recognising and affirming the value of family and friendships
 - d) Affirming qualities in self that can contribute to self-worth
 - e) Add more...

The next A.W.E meeting – Friday 3rd August @ 1.30 pm

EVERYBODY GETS ANXIOUS –WE CAN MANAGE OUR ANXIETIES BETTER