

# AGEING WITH EXPECTATION – A.W.E

Friday 4 May, 2018

## WAYS TO LIGHTEN THE LOAD

### THE LOAD:

Old age - Aches Pains Illness Losses

Difficulties: coping with self  
coping with others  
coping with life

Coping with the past  
Coping with the future  
Coping with the present

High demands  
Low resources

Separate the 'LOAD' from the Anxiety  
the Emotions  
the Memories

Load + Anxiety + Emotions + Other People + Self-Negatives

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## LOOK FOR:

1. Prevention
2. Protections
3. Supports
4. Soothers, Softeners
5. Boosters
6. Reminders
7. Inspirations

## LIGHTEN THE LOAD

1. Reposition the load
2. Reposition the self
3. Reposition inner strengths/external strengths
4. Identify appropriate interventions and supports
5. Identify sources of consolation -  
“the kindness of strangers”
6. Past experiences of self and others expectations in  
the future
7. The place of spiritual awareness, spiritual benefits,  
and the strength of the human spirit

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Next AWE Session – Friday 1<sup>st</sup> June 2018 - 1.30-3.30pm

## **FINDING SOME HEALING FOR YOUR DAMAGED EMOTIONS**

Did you see page 12, Boroondara Bulletin, May 2018 Issue?

Dr Francis Macnab  
www.thirtyvitalyears.com  
e. [drfrancismacnab@gmail.com](mailto:drfrancismacnab@gmail.com)

## AGEING WITH EXPECTATION – A.W.E

### **Keeping your vitality alive**

Restoring vitality if it has been lost

A mismatch in levels of vitality

How to prevent the loss of vitality in older years

1. Be alert to the subtle onset of the loss of vitality
2. Be alert to the ways other people draw you into a life low on vitality
3. Be alert – vitality can lift your energy, vitality can drain your energy
4. Avoid people who drain your vitality
5. Avoid environments that drain your vitality
6. Avoid inauthentic (fake) vitality
7. Review-Goals
  - People
  - Relationships
  - Environments
  - Activities
  - Memories
  - Moods, emotions
  - Achievements
  - Enhancements
  - Self-affirmation
8. And MORE.....