

## AGEING WITH EXPECTATION – A.W.E

Friday December 7, 2018

### PROTECT YOURSELF FROM THE FIVE BIG FEARS OF OLD AGE & HOW TO CONTROL THEM

#### THE FIVE BIG FEARS

1. Fear of Losing your mind
2. Fear of Losing valued people
3. Fear of Losing your life (Dying a difficult death)
4. Fear of not coping
5. Fear of a long time in “the Waiting Room”  
(6. Becoming Spiritually EMPTY)

One event can change EVERYTHING.

Aim to make each event take you “Toward Living the  
Best Life”

#### Here are 12 suggestions:

- to help protect yourself from the five big fears
  - to help you realise there are 12 possibilities – at least!
  - to help you contribute to the FLOURISHING and FLOW of your older years
1. Face the fear. What is it? Distinguish the one fear from the fifty others that seem to want to join the one
  2. Resist loading the fear with other feelings –guilt, anger, inadequacy etc
  3. Fear can arise from sources outside yourself, inside yourself, between people
  4. Fear is our ‘existential reality’; but it can be ‘something we ourselves generate’

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5. Will you focus on the strength of the fears or on developing effective strategies to lessen the fears
6. We need friends, family, fellow conquerors – We need a philosophy!
7. Some fears can be fenced off (c.f. putting the wild dog behind a safe fence)
8. Avoid revisiting the troublesome sources of your fears
9. Practise “FILTERING”
10. Look for the “FAITH FACTOR” –in yourself, others, the past, the future
11. Confirm the small signs of “flourishing” beyond your fears
12. From floundering to finding your FLOW.

Join us after the summer break

The next A.W.E meeting - Friday 1st February @  
1.30 pm

Dr Francis Macnab will speak on:

### SOME WAYS TO ADAPT TO THINGS THAT CAN'T BE CHANGED:

- I WANT A THERAPEUTIC SPIRITUALITY
- NINE PROTECTIVE QUALITIES OF SPIRITUALITY

Balwyn Evergreen Centre  
45 Talbot Ave  
Balwyn

HELP BUILD A WIDER NETWORK OF PEOPLE CONCERNED  
ABOUT PSYCHOLOGICAL HEALTH AND COMMUNITY WELL-  
BEING - TELL OTHERS ABOUT -

**AGEING WITH (POSITIVE) EXPECTATIONS.**

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