



Aging Gracefully

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Ageing Gracefully

Ageing:

- Historical Ageing
 - Biological Ageing
 - Emotional /Mental Ageing
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Ageing Gracefully

Gracefully is derived from Latin word:

“Gratia” – means favour, charm & thanks,

“Gratus” – means pleasing, grateful



Ageing Gracefully includes

- Tolerance
 - Patience
 - Understanding
 - Humour
 - Acceptance
 - Choice
 - Wisdom
 - Elegance
 - Positivity
 - Engagement
 - flexibility
 - Curiosity
 - Activity
 - Happiness
 - Health
 - Openness
 - Hope
 - Giving
 - Sharing
 - Joy
- 


Ageing Gracefully

A person may be fully able or confined to wheel chair and still age gracefully.

Maintaining a positive attitude and making most of the situation is the key to aging gracefully

Ageing

We may not have control over Historical Ageing
,but can definitely manage the Biological
and Emotional Ageing through planned
efforts and positive attitude




We are old when we,

- fail to see a goal or purpose of life
- give up desire & will to reach a goal
- accept limitations on our physical & mental activities
- lose our identity & dependence & start depending on others
- Stop learning new skills

What does the study on retirement reveal

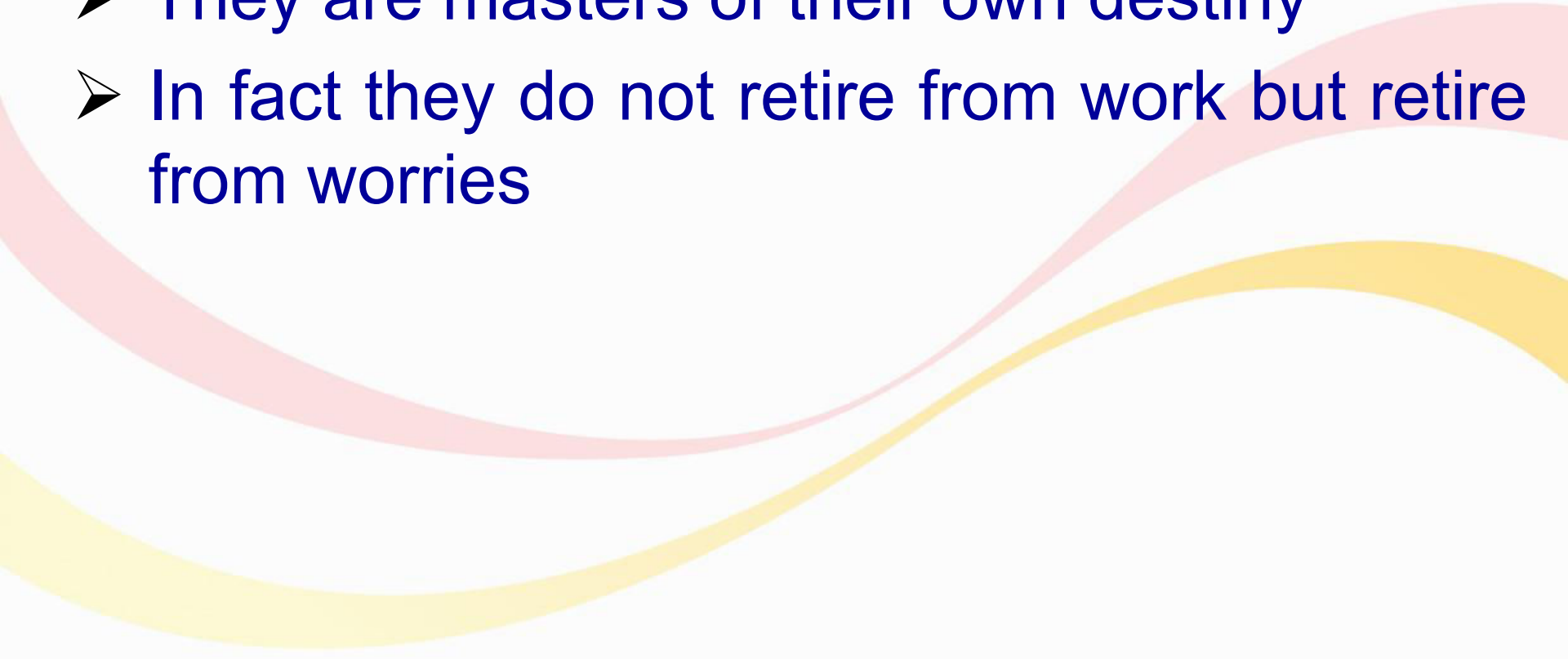
- Study reveals that,
 - Retirement need not always be painful experience
 - It's only the culmination of one's primary career & not the end of life
 - Person may be retired but not 'tired' of undertaking many other even some times higher & even more important activities
 - If you manage money and are self sufficient during your retired life, even younger generation would keep in touch with you.

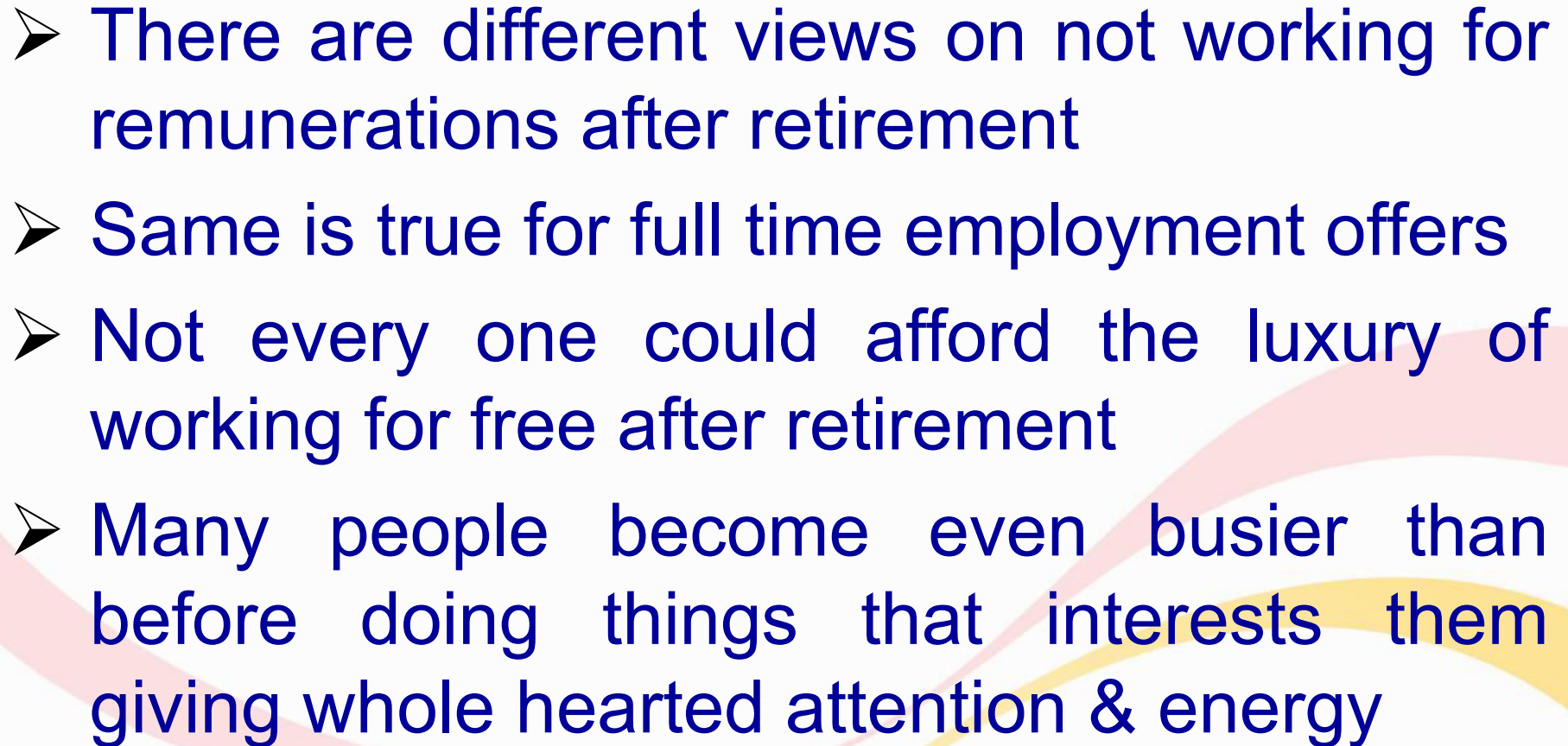
What are the secrets of Happy old age

- There are many cases where retirees are very happy – view retirement as golden phase of their life
 - What are the secrets ?
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Retirement a golden phase

- Retirement is indeed a wonderful phase of life provided we make some smart choices & follow right strategies
- Biggest challenge is how to stay fit
- Your relation with younger generation is your strength as you tend to be physically weaker.
- A sample survey was carried out by the author. One opinion that came unanimous was that retirement is a beautiful phase of life, a second innings worth playing

- No orders, no unrealistic targets, no deadlines, no performance reviews, no competition with peers, no annual appraisals
 - They are masters of their own destiny
 - In fact they do not retire from work but retire from worries
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- There are different views on not working for remunerations after retirement
 - Same is true for full time employment offers
 - Not every one could afford the luxury of working for free after retirement
 - Many people become even busier than before doing things that interests them giving whole hearted attention & energy

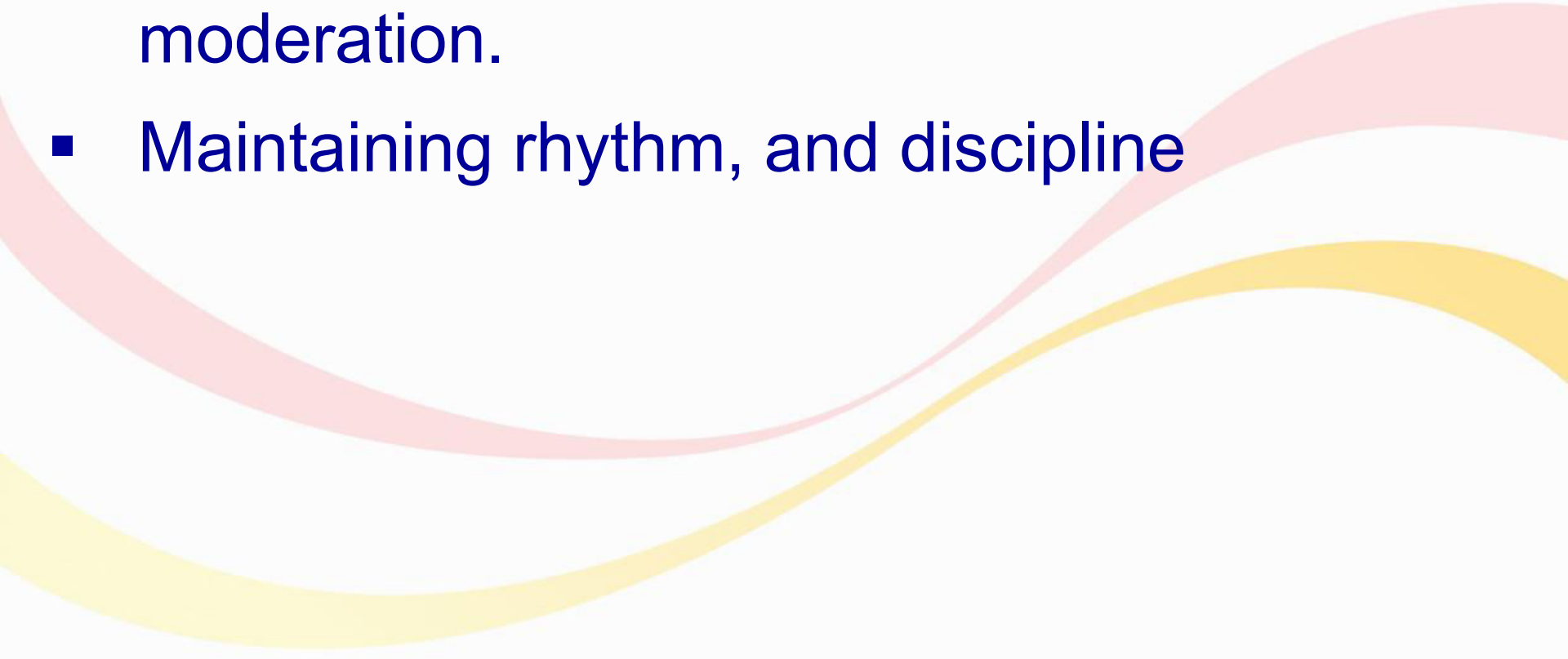
The Magic Mantra

We are Happy when we can effectively manage our:

- ✓ Aahaar (balanced good diet)
- ✓ Vihaar (balanced lifestyle)
- ✓ Vichaar (positive and pleasant thoughts)

MAGIC MANTRA -AAHAAR

What is good diet:

- Know your body and its needs
 - Eat what you like and suits your health in moderation.
 - Maintaining rhythm, and discipline
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Magic Mantra - Vihaar

- ➔ Ask yourself what are you going to do ?
 - Continue working until last breath
 - Keep the grinding stone doing what you have been doing in the past
 - Pursue something you have always wanted to do – read books, listen to music, write a book, do some social work, visit friends, go back to school or just retire to live a life of leisure or play, eat & drink & be merry

Magic Mantra - Vihaar

- ✦ After taking stock of success & failures in the past, its time to ask ourselves who we are, what is the real purpose of our being, what is the real meaning of success & failure, why some of us are happy, healthy while others suffer
- ✦ Commit to play more impressive game in the second innings especially if we failed to make good score in the first

Magic Mantra - Vihaar

Retirement adjustment problems:

- 🌸 Use of leisure time
- 🌸 Living on reduced income
- 🌸 Termination of work relationship
- 🌸 Physical adjustments due to affects of sensory motor capacities
- 🌸 Changes in living arrangements
- 🌸 Loss of title, status & perks
- 🌸 Changes in family relationships

Magic Mantra - Vihaar

We should concentrate on

- ☞ How to approach retirement in a +ve manner
- ☞ How to plan our retirement
- ☞ How to find a purpose in life
- ☞ The financial security for a happy retirement
- ☞ How to take care of your health
- ☞ How to live happily with yoga
- ☞ The importance of family & friends

Magic Mantra - Vihaar

We should concentrate on

- ☞ How faith & spirituality can comfort us
- ☞ Common ailments at senior years
- ☞ How to discipline mind with inspiring thoughts
- ☞ How pioneers can inspire us
- ☞ Where to look for additional resources

Magic Mantra - Vichaar

A survey was carried out in Canada on more than 600 persons above 80 years of age to understand their secret of Happy Life:

Majority of response was “ **Resilience**” – Ability to adjust to circumstances, focus on gains rather than losses & appreciate blessings and Grace.

A resilient person is like a rubber band-capable of being stretched and stretched & able to bounce back

Finding a purpose in life

- ✦ A life without purpose is meaningless
- ✦ Purpose is the engine that will power & drive life
- ✦ Lack of purpose can lead to boredom & depression
- ✦ Don't retire but aspire
- ✦ Aspire to work for those causes you have always believed in

Finding a purpose in life

- ▶ Practice the art of filling your moments with enriching experiences
- ▶ Job is not always for economic reasons. It keeps you physically & mentally occupied & in turn help to lead an active life
- ▶ It increases your self confidence & esteem
- ▶ A person who is active is also sound in body & mind

Soul Searching

- ▶ During early phase all efforts are directed towards fulfilling career & family goals
- ▶ Now is the time for questions like,
 - ⌚ Who am I ?
 - ⌚ What is the real purpose of life ?
 - ⌚ What are my core, inner or real interests ?
 - ⌚ What do I really want in life ?

Soul Searching

- ▶ It is time to discover your self
 - ⌚ discover your deepest values & beliefs
 - ⌚ choose some new well defined goals
 - ⌚ list the things you have left undone, the tasks unfinished, the visits you failed to make, books unread/ unwritten, music unsung
- ▶ Listen to your self & then pursue what you really value

Soul Searching

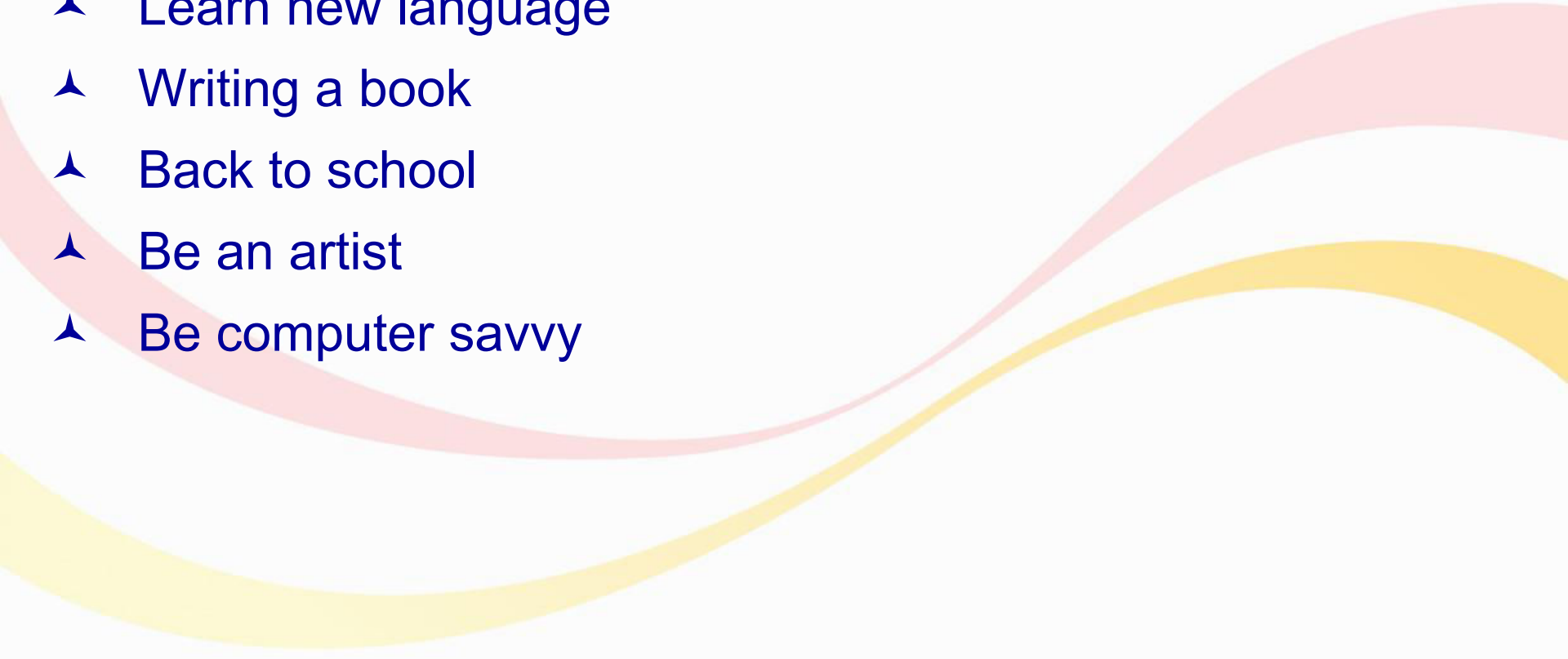
- ▲ What one wants to pursue may depend on his education, position, financial standing, family background, values in life, social & spiritual belief

Soul Searching

✦ You engagement should serve at least some of the following objectives

- ⌚ your genuine interest
- ⌚ it is challenging
- ⌚ gives you sense of accomplishment
- ⌚ it should not be boring, should have variety
- ⌚ helps to develop some skill
- ⌚ leads to self development
- ⌚ does not cost much
- ⌚ serves some higher purpose

Some engagements

- ✦ Helping the needy
 - ✦ Be an entrepreneur
 - ✦ Invent something useful
 - ✦ Experiencing the world
 - ✦ Learn new language
 - ✦ Writing a book
 - ✦ Back to school
 - ✦ Be an artist
 - ✦ Be computer savvy
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Some engagements

✦ Join a social organisation

✦ Community networking

- ⌚ RWA, Cultural, Religious, Spiritual festivals
- ⌚ Beautification, Cleanliness driven
- ⌚ Coaching to poor students, adult education programme
- ⌚ Volunteers in hospital, bank, post office
- ⌚ Matrimonial Match fixing
- ⌚ Promote environmental cause

Some engagements

✦ Community networking

⌚ Conserving heritage

⌚ Start old age home

⌚ Fighting corruption


⌚ Popularising yoga, laughing clubs

✦ Pursue you interest

✦ You are never too old for new pursuits

Dev Anand , Dr Verghese Kurien, Amar Bose

Stay connected with family & friends

- Inherent need for companionship
 - Isolation can lead to stress & illness whereas intimacy can be healing
 - Spouse is your best companion
 - Treat your children as trusted friends
 - Have fun with grand children
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Stay connected ...

- Relatives nurture family traditions
- Friends are your true wealth
- Your extended family

Be HAPPY

“Do not regret
growing older.
It’s a privilege
denied to
many.”
(Unknown)

When you are old

When you are old

More wrinkles yet fewer doubts

Looser skin yet firmer confidence

Greyer hair yet more colourful

Older mind yet younger spirit



THANK



YOU