

I don't know how to act my age



I've never been this age before

# Aging Better & Bolder

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## Tips for the Upcoming Holiday Season Source: Psychology Today

### **Take time for yourself.**

It's no doubt that you are going to be busy—visiting family and friends, shopping, cleaning, cooking, etc. Remember to schedule some time for YOU.

### **Be realistic and let go.**

Some things are better to be left alone or let go of the notion that they need to be perfect. Embrace the chaos and accept whatever happens as an opportunity for growth and learning.

### **Practice kindness.**

Be patient with others and allow them to express themselves. By giving others time and kindness, they may feel more relaxed and able to join you in enjoying the moment.

### **It's ok to say No.**

Sometimes, the best way to avoid a trigger of stress is to consider opting out. Identify your boundaries and choose wisely.

### **Get moving.**

Walk after eating a big meal, or increase your exercise routine to help feel less fatigued and avoid gaining a few extra pounds. It's also a great way to relieve stress.

### **Choose wisely.**

If you want to avoid feeling ill and sluggish, treat your body like a temple and choose smaller portions of those comfort foods that we all love to hate. You don't have to eat all of it; so don't feel obligated to finish your plate.



"I am old but I am forever young at heart. We are always the same age inside. Each year is special and precious, you can only live it once. Do not regret growing older, it's a privilege denied to many!"

- Richard Gere

# Breathing Exercises and Techniques by Dr. Andrew Weil

*"Practicing a regular, mindful breathing exercise can be calming, energizing and can even help with stress-related health problems ranging from panic attacks to digestive disorders." - Andrew Weil, M.D.*



Since breathing is something we can control and regulate, it is a useful tool for achieving a relaxed and clear state of mind. I recommend three breathing exercises and techniques to help relax and reduce stress:

## Breathing Exercise 1:

**The Stimulating Breath** is adapted from yogic breathing techniques. Its aim is to raise vital energy and increase alertness.

- Inhale and exhale rapidly through your nose, keeping your mouth closed but relaxed. Your breaths in and out should be equal in duration, but as short as possible.
- Try for three in-and-out breath cycles per second. This produces a quick movement of the diaphragm. Breathe

normally after each cycle.

- Do not do for more than 15 seconds on your first try, and then increase your time by five seconds or so, until you reach a full minute.

If done properly, you may feel invigorated. Try this diaphragmatic breathing exercise the next time you need an energy boost.

## Breathing Exercise 2:

**The 4-7-8** breathing exercise is relaxing and relieves stress.

- Place the tip of your tongue behind your upper front teeth, and keep it there through the entire exercise. You will be exhaling through your mouth around your tongue; try pursing your lips slightly if this seems awkward.
- Close your mouth and inhale quietly through your nose to a mental count of four.
- Hold your breath for a count of seven.
- Exhale completely through your mouth, making a whoosh sound to a count of eight.

This is one breath. Now inhale again and repeat the cycle three more times for a total of four breaths.

This breathing exercise is a natural tranquilizer for the nervous system. Do it at least twice a day. Do not do more than four breaths at one time for the

first month of practice. Use it whenever you are aware of internal tension or stress. Use it to help you fall asleep. This exercise cannot be recommended too highly. Everyone can benefit from it.

## Breathing Exercise 3:

### **Breath Counting**

If you want to get a feel for this challenging work, try your hand at breath counting, a deceptively simple breathing technique much used in Zen practice.

Sit in a comfortable position with the spine straight and head inclined slightly forward. Gently close your eyes and take a few deep breaths. Then let the breath come naturally without trying to influence it. Ideally it will be quiet and slow, but depth and rhythm may vary.

- To begin the exercise, count "one" to yourself as you exhale.
- The next time you exhale, count "two," and so on up to "five."
- Then begin a new cycle, counting "one" on the next exhalation.

Never count higher than "five," and count only when you exhale. You will know your attention has wandered when you find yourself up to "eight," "12," even "19."

Try to do 10 minutes of this form of meditation.

Let’s face it, none of us *love* the idea of getting older. Age is no longer what it used to be. Life expectancy from birth used to be 48 years old for women in 1900. Today, that’s increased to over 80 with many people living healthy vibrant lives far beyond that. I’ve heard stories of 101-year-old runners, 98-year-old yoga instructors and plenty of women who reinvent themselves, launch new careers and lead businesses well into their senior years. 60 is the new 50. 50 is the new 40, 40 is the new 30, and so on.

Julia Child wrote her first cookbook at 49. Martha Stewart published “Entertaining” at 41. JK Rowling published Harry Potter when she was in her forties. In the media, there are plenty of great examples of successful older women, like Meryl Streep, Helen Mirin and Oprah, who are all aging gracefully.

Getting older doesn’t mean decline or despair. It’s a reason for celebration! There are plenty of ways we can age with grace, beauty and joy. We can experience more happiness, more success and get even better with age and experience. So what are some ways to age gracefully?

1. Reduce stress
2. Get plenty of sleep
3. Eat a balanced diet
4. Learn something new
5. Hydrate
6. Reduce sodium
7. Wear sunscreen
8. Get moving
9. Embrace simplicity
10. Wear what you want. Be colorful
11. Learn Mindfulness
12. Be joyful. Enjoy the little things.

Match the celebrities below to their Age!



79



57



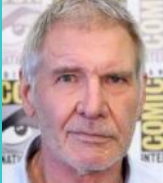
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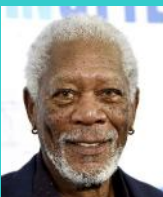
56



65



83



60



76



96

Sandra Bullock 54

Betty White 96

Lily Tomlin 79

Ellen DeGeneres 60

Judi Dench 83

Jeff Goldblum 65

Morgan Freeman 81

Harrison Ford 76

George Clooney 57

Tom Cruise 56

Nothing is Impossible. The word itself reads, “I’m Possible”.—Audrey Hepburn





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- Planned giving is, in its simplest form, a sizable donation given over time or as part of a donor's estate

**Thank you Arizona Community Foundation for making *Aging Better and Bolder* possible.**

### **When do you become old?**

By Kerrrienne Renzulli

If age really is just a number, what number marks old age?

Well, the answer to that depends on how old you are now.

Millennials hold the least generous views on aging, saying that you are old beginning at just 59, according to a new study by U.S. Trust. Older groups, however, put the starting point further out.

Gen X on average bumps the beginning of old age to 65, while boomers and the silent generation both agreed that age 73 is the start.

To learn how different groups defined "old" and "young," according to the 2017 U.S. Trust Insights on Wealth & Worth report go to:

<http://time.com/money/4812751/this-is-the-age-when-you-become-old-according-to-four-different-generations/>