



Enlivened Lives

Aging Outside the Box
2017 Conference on Aging

Veronica "Ronnie" Squyres, M.A.
Feel Well Sleep Well



Creativity

- “If You’re Not in the Obit, Eat Breakfast”
HBO Documentary
- Dan Buettner – longevity expert: **Vitality is not just showing up**
- 5 Factors: 1 - physically fit 2 - cognitively aware 3 - living out passions and values
4 – making a contribution 5 - ongoing achievement
- We control about 40%; 50% is genes + 10 % life circumstances

Compassion – awareness of suffering/feelings of others and wanting to relieve it

- Post traumatic growth – experiences can increase compassion for others.
- Take a moment: imagine someone that you feel compassion for and send them nourishing and caring thoughts and that they are surrounded by loving kindness, do the same for a stranger, then do the same for yourself.

Contentment – noticing and appreciating simple pleasures and small things - GRATITUDE

Stress

- Dr. Kelly McGonigal's book: **The Upside of Stress: Why Stress Is Good for You and How to Get Good at It (2016)**
- <https://www.youtube.com/watch?v=1cflqjWbVAE>
- Stress as enhancing mindset
- DHEA and Oxytocin



Sleep

- ramps up immune system
- “glymphatic” system clicks on
- dreams play out
- consolidates memory and creative problem-solving (elves stitching together the whole from different parts like a quilt)
- **Stress affects sleep as does light (circadian rhythm), exercise/physical activity, caffeine, etc. See Handout.** All creatures need sleep; 6 – 8 hours are needed for adult humans but not 1 size fits all.

THE SELF

Social

- Relationships, love and caring improve our hearts and our lives
- Support groups can increase cancer survival
- Social support is a great protector
- Isolation can breed depression and illness
- Do you have 1 or more friends that you could call in the middle of the night?

Physical

- <http://olympics.nbcsports.com/2016/05/01/ida-keeling-100-year-old-meters-video-penn-relays/>
- Ida Keeling – 100 year old woman started running at 67 after loss of sons
- No Sweat: How the Simple Science of Motivation Can Bring You a Lifetime of Fitness by Dr. [Michelle Segar](#) (2015) Exercise lengthens telomeres and lives (2 – 9 years). MOVE!



Emotional

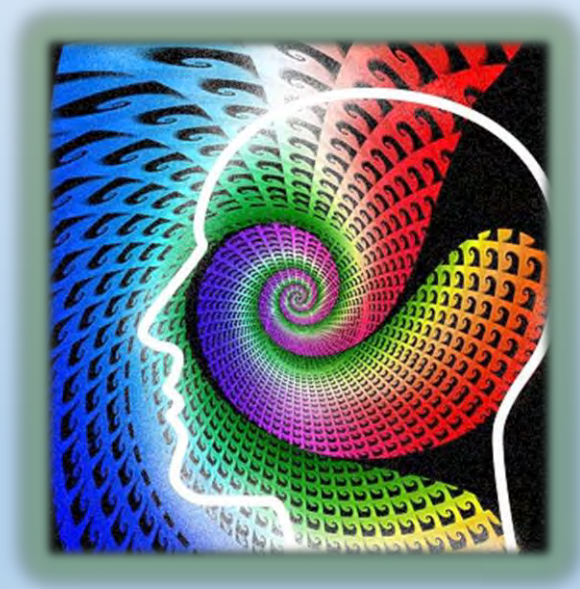
- Human emotions are universal - help us to survive
- Fear, Anger, Sadness, Surprise, Happiness, Disgust
- Depending on our perception of stress, our circumstances, our genetics, we may find ourselves overwhelmed
- Moment In Mindfulness (MIM) & Deep Diaphragmatic Breathing – Now and throughout day.

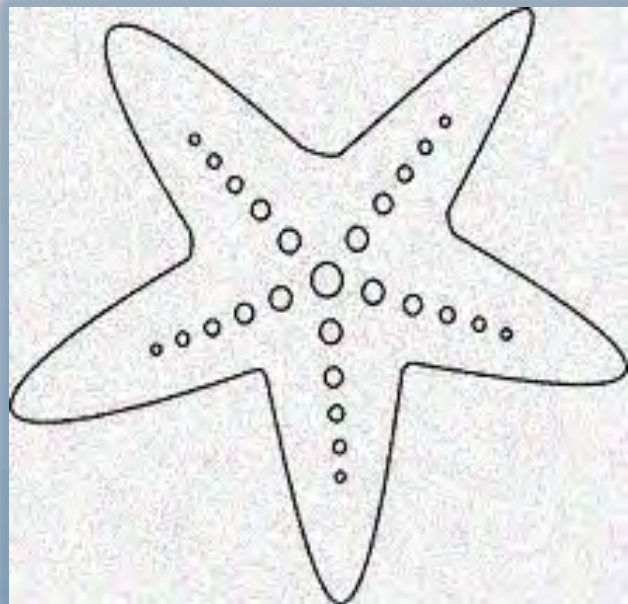
Spiritual

- Gives meaning to our lives
- Brings social support
- Helps us to cope
- Definition varies – belief in God, Great Spirit, nature, etc.

Intellectual

- Neuroplasticity – how our brains rewire to adapt, survive and grow
- “Neurons that fire together wire together.”
- Neurogenesis
- Try novel and challenging tasks.
- Physical exercise can really boost intellectual/cognitive functioning.





Write what is important in your 5 areas (Social, Physical, Emotional, Spiritual and Intellectual) and how much your life reflects that at this time. What can you do to make your life better reflect what is important to you? Set realistic goals and tell a friend.

Making a Difference - The Starfish Story. "I made a difference in that life."

Your caring and acts of kindness has great value and more than you know!

Note of Encouragement to a Good Friend