Aging Isn’t For Sissies
Tips for Handling the Stress of Aging

1. HAVE A SENSE OF HUMOUR
Jim Unger, creator of the comic strip ‘Herman’ says, “The key to happiness and freedom is a sense of humour, and a sense of humour is nothing more or less than our ability to laugh at ourselves.”

2. THROW OUT THE NONESSENHTIAL NUMBERS
Age  weight  height

3. ENJOY THE SIMPLE THINGS IN LIFE
The warmth of the sunshine - The sweet smell of a summer’s rain
The scent of flowers – The laughter of children

4. LIVE IN THE PRESENT
Ziggy Cartoon:
“There is no future, spending the present, worrying about the past.”
Forgive people.

5. SURROUND YOURSELF WITH WHAT YOU LOVE
A small album of special memories – Treasures in a box

6. BE LIKABLE
Smile – Show you care

7. TELL THE PEOPLE THAT YOU LOVE – THAT YOU LOVE THEM
Tell them at every opportunity, even if they don’t say it back.

8. KEEP ONLY CHEERFUL FRIENDS
The grouchies pull you down.

9. LIGHTEN UP - HAVE FUN
Old people have a reputation for being grumpy. Don’t let it grab you. I challenge you to put some fun back into your world. Buy a clown nose. Share your funny stories. LAUGH OFTEN.

JUDY’S DAILY AFFIRMATION
Live, let live, love, and laugh a lot.

Judy Suke  www.triangleseminars.com  (905) 690-9900  jsuke@cogeco.ca