

10 Advantages of Aging for Psychological Health
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10. Opportunities for Your Best Self. *Volunteering, generativity, leisure good for psychological health. http://www.wikiart.org/en/grandma-moses/not_detected_251604
Grandma Moses 1860-1961 (101)

9. Conscientiousness. (Thorough, careful, vigilant) *May increase health behaviors.
*Avoid being too agreeable (health). Benjamin Franklin 1706-1790 (84)

8. Self-Acceptance. (Unconditional care, acceptance, kindness toward self in difficulties) *Can learn self-compassion.org/ Helen Keller 1880-1968 (87)

7. Gratitude. (Thankful to receive something valuable from others) *Say 'Thank You' often. *Start the day with thoughts of gratitude. Jimmy Stewart 1908-1997 (89)

6. Experience with Success. (Personal/professional accomplishments) *Perspective taking to negotiate, experience to solve problems. Eleanor Roosevelt 1884-1962 (78)

5. Experience with Failure. *Identify good from difficulties. *Equip for later difficulties.
*Empathy. Eleanor Roosevelt 1884-1962 (78)

4. Compassion. (Awareness of, desire to lessen another's suffering) *Compassion to maintain relationships, provide voluntary help. Andrew Carnegie 1835-1919 (83)

3. Emotional Health. (More positive emotions; fewer negative emotions) *Notice, use patterns to regulate emotions. Louis Zamperini 1917-2014 (97)

2. Brain Plasticity. (Changes in brain due to behaviors, environment, thinking, emotion)
*Enriched lifestyle for brain health. Albert Einstein 1879-1955 (76)

1. Meaning in Life. (Order, coherence, and purpose in one's existence, pursuit and attainment of worthwhile goals, sense of fulfillment). *Relationships, volunteering to enhance meaning in life. Viktor Frankl 1905-1997 (92)

More information: Stanford Center on Longevity longevity3.stanford.edu
National Institute on Aging nia.nih.gov
AARP Research aarp.org/research/