



Changing Your Mindset about Aging



Overview/Description:

Aging is inevitable. How we think about aging can impact how well we age. Research is increasingly demonstrating that people with a positive mindset regarding aging tend to age better and live longer. Positive mindsets are associated with lower blood pressure and reduced risk of developing dementia, as well as making a person more likely to engage in preventative health measures, such as exercise, which in turn may help them live longer.

This training explores negative beliefs regarding aging and identifies strategies and techniques to shift to a more positive mindset. This course involves a realistic appraisal of aging; encouraging participants to challenge their negative stereotypes associated with aging and to identify the multiple positive aspects of aging. Participants will learn the process of “reframing” to shift from negativity to embrace a positive mindset regarding the aging process.



Workshop Objectives:

This training will help you:

- Describe how negative beliefs about aging may impact how you age
- Examine the benefits of aging
- Identify ways to shift your thinking about aging
- Live and age in a healthier way by adopting a positive mindset



TARGET AUDIENCE:

ANYONE WHO FEARS OR
RESENTS AGING AND WISHES
TO ADOPT A HEALTHIER
MINDSET ON THE SUBJECT



EXPECTED DURATION:

45-60 MINUTES