

TEN RULES FOR GOOD MENTAL HEALTH IN RETIREMENT

Much can be learned from retired people who are aging successfully. How do they do it?

1. They face reality. In other words they learned to accept the facts of life and to make the best of them. They are not afraid to compromise when necessary.
2. They take responsibility. They do not blame others for their problems. They can accept help when it is needed, but they also make a major effort to solve their own problems.
3. They are interested in other people. They do not withdraw from life. They like doing things with and for other people. They make the effort to acquire new friends. They like their old friends but they also like to keep in touch with younger people.
4. They have strong and varied interests. Usually well adjusted older persons like to do many kinds of activities, and they enjoy sharing activities with other people.
5. They are interested in new things as well as the old. Most of them agree that the world is changing faster than they can comprehend, but they still try to keep up with things. They are not afraid of the future and they accept changing times.
6. They look forward to the future. They live in the present and the future instead of in the past. At least some of the things which they can reasonably expect to accomplish are projected into the future.
7. They watch their health. Well adjusted older people take the initiative to achieve good health. They do not dwell on their aches and pains.
8. They maintain a neat appearance. They take pride in their appearance and they usually have a strong interest in maintaining the place in which they live in good order.
9. They know how to relax. Older people who are aging successfully know how to relax and not to take life too seriously.
10. They adapt to changing circumstances. One of the strongest assets of older people is their ability to change their ideas and to change their ways of doing things when the situation requires it.