

HOW MINDFULNESS PROTECTS YOU AS YOU GET OLDER

What is Mindfulness?

“A method to enhance self-judgmental awareness cultivated by paying attention in a specific way, that is, in the present moment, so non-reactively and so open-hearted as possible.”



Jon Kabat-Zinn, Director of the Stress Reduction Clinic and Center for Mindfulness

Mindful meditation uses techniques such as breathing and yoga to take your mind to a specific state by focusing your awareness of the present moment. Many people practice mindful meditation to relax and relieve stress.



Practicing mindfulness can help us become more aware of our habits, improve our decision-making, and develop resilience.

6 Amazing Benefits of Mindfulness



What is Mindful Ageing?

“Ageing is not ‘just growth’ but a new stage of opportunity and strength.”



Betty Friedan, Author

Mindful ageing means aging you to accept the positive as well as the negative aspects of getting older.

It promotes an active and healthy lifestyle.

It is a helpful coping tool to use for life's challenges and changes as you age.



Expert Insights

“When you age mindfully, you are fully aware and accepting of the challenges that come with the ageing process, but you're also aware of—and taking—the opportunities that come with being blessed with what I call your ‘longevity bonus.’”

Andrea Enright PhD
Author of *Mindful Aging: Detaching Your Life After 50 to Find Fulfillment, Purpose, and Joy*

“The cultivation of mindfulness may be an adaptive means of maintaining emotional well-being when faced with life's challenges.”

Natalie J. Shook
Lead Author of *The Moment and Feeling Good: Age-Related Changes in Mindfulness and Positive Affect*

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