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“Positive Aging”

Research shows that having a positive outlook on aging can add up to 7.5 years to your life. When we embrace aging with optimism, we are more likely to focus on opportunities rather than limitations. A positive mindset helps you stay motivated, connected, and engaged in healthy habits that support lifelong wellness. Here are some tips for staying on a positive, healthy path as you age:

1. **Practice Positivity Daily:** A positive mindset encourages healthy habits. When we believe aging can be a fulfilling stage of life, we are more likely to take actions that support our well-being.
2. **Set Realistic Expectations:** We are not always going to be at the pinnacle of healthy aging, and that’s okay. What matters most is setting attainable expectations for ourselves.
3. **Surround Yourself with Positivity:** The people and environments we choose matter. Spending time with uplifting individuals and in encouraging spaces can help maintain a positive outlook.
4. **Look for the Positives:** Challenges are a part of life, but with reflection, we can often uncover something positive that came from even the toughest moments.
5. **Challenge Age Stereotypes:** Make it a priority to escape stereotypes associated with aging. Your age does not determine your interests, abilities, or purpose.
6. **Prioritize Healthy Habits:** We know that there are a lot of healthy behaviors that we should be doing, but we don’t always do them. Eating nourishing foods, exercising regularly, and taking care of our brains are all things that lead to successful aging.
7. **Adopt an “I Can” Mindset:** Instead of focusing on limitations, look for new ways to adapt. For example, “I can use a cane that helps me stay independent and mobile.”
8. **Give Yourself Grace:** There will be days that are tough, and that’s normal. Be kind to yourself. We don’t want to beat ourselves down when we don’t always embrace positivity.

Aging is not something to fear but something to embrace. With the right mindset and daily choices, you can continue to live a meaningful and joyful life. Positivity is a powerful tool that supports better health and a greater sense of purpose as you grow older.

Information comes from Kansas State University Publications.