

POSITIVE PERCEPTIONS OF AGING

Your perceptions may affect your physical and mental health.

Research shows that older adults with positive perceptions of aging...



Live longer (an average of 7.5 years longer)



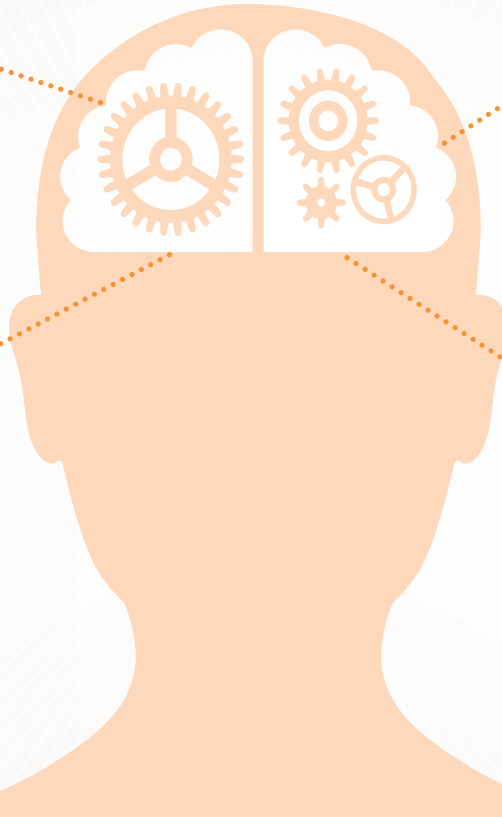
Make more new friends and enjoy greater social support



Engage in more preventive healthy behaviors, such as eating a balanced diet and being physically active



Enjoy greater life satisfaction



Positive perceptions of aging are when you think the later years of life are...

- A time of continued growth and learning
- When relationships are developed and maintained
- When you have feelings of control over the aging process

SOURCES

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