

Do Not Fear Of Getting Older

Some people are afraid what may happen as they get older. Some worry about their health and others wonder about other things that might happen. There is nothing wrong as we age if you look at the positive side of things. Here is a list on how to manage the fear and anxiety of getting older. The first step in not getting stressed as you get older is to get some exercise and eat a lot of healthy foods. Before exercising, you should talk to your doctor to make sure you do not hurt yourself. A common way to exercise is to take walks around your neighborhood or local park. This is also a good way to meet people. Make sure you go to your regular doctor appointments to make sure that nothing is wrong with you and your health. A lot of things can be prevented if you get an early diagnosis. This will help you to remain healthy without the fear of old age. Another way to not getting stressed as you age is to keep your mind active. Do some crossword puzzles or other thinking games to keep your mind sharp. Play some chess or some game that requires a lot of thinking. The more you use your mind the better off you will be as you get older. Learn effective ways to reduce the stress in your life. Stress is not good for you and it is important to know how to relieve tension and stress. There are counselors that you can talk to if you have trouble dealing with anxiety. Read some self help books that have a lot of positive affirmations and statements. Reading these statements can help you to remain positive. If you still have trouble then see a counselor who can teach you different ways to remain positive and reduce worry and stress. Develop a network of friends and get involved in different social groups will help you as you get older. Friends can reduce loneliness and also makes us feel better. If you do not know anyone then join a local church or social group. Another idea is to volunteer. There are many people who need help and volunteering will keep us active. Finally, prayer is a great way to reduce the fear and anxiety of getting older. We are unable to control the events that may happen down the road, however God has the power to take care of you. It would not hurt to include God in your life and say some prayers occasionally. Prayer is a great way to reduce stress and to remain positive. Again there is nothing to worry about as you get older if you take things in stride. Everyone ages and is a part of life. If you still have trouble dealing with anxieties of getting older then you should talk to a clergyman or counselor. They can provide additional advice on how to reduce your anxieties. Most of the time, things take care of themselves.

About the Author

Stan Popovich is the author of, *A Layman's Guide to Managing Fear*, an easy to read book that presents an overview of techniques that are effective in managing persistent fears and anxieties. For additional information go to: <http://www.managingfear.com>

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