



Living Wisely

Healthy Living into your 80s and 90s



Thank you for joining us!



Blankinship & Foster
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Living to 100SM Club

TURNING AGING ON ITS HEAD

LOOK AT THE
UPSIDE: A
PSYCHOLOGIST'S
INSIGHTS ABOUT
AGING WELL AND
MANAGING
SETBACKS

Joseph M. Casciani, PhD

Mindset, Motivation, and Self-determination



STRATEGIES FOR LIVING WELL



1. LESSONS FROM CENTENARIANS
2. AGE IS ONLY A NUMBER
3. THINKING STYLES
4. WHAT CAN I CONTROL?
5. STARTING NEW CHAPTERS
6. PROJECTING A NEW IMAGE ON A BLANK SCREEN
7. OVERCOMING SETBACKS
8. LIFTING DEPRESSION
9. CREATING A POSITIVE MINDSET

The Blue Zones: Lessons from Centenarians

**7 Lifestyle Traits that
Centenarians Have in Common**



Lifestyle Traits that Centenarians Have in Common



- Physically active
- Alcohol, but in moderation
- Engaged socially
- Sense of purpose
- Commitment to family & friends
- Plant-based diet
- Sleep, 7+ hours a night

Meaning and Goals



Articulate My Purpose



He Takes His Age to a Dutch Court

Age is Only a Number





Thinking Styles

We are disturbed not by events, but by the views we take of these events.
Epictetus

Things I Can Control



How I express my thoughts

When I judge other people

How I interpret situations

*** How often I ruminate on the past ***

How much time I worry about the future

Whether or not I have hope for the future

My beliefs

How I treat myself

My attitude

My thoughts

How kind I am to others

What foods I choose

How often I exercise

Starting a New Chapter

and
Writing Our Own Script

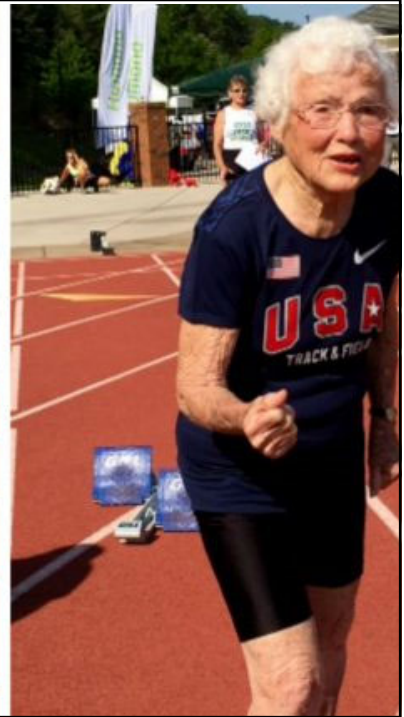


Projecting a New Image on a Blank Screen

We Are Not Defined by
Who We Were Yesterday

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Who We Were Yesterday

Stepping Out
of Our
Comfort
Zones



New Guinness Record

Edith Murway
Oldest Competitive
Powerlifter



It's Not Always a Smooth-paved
Road Ahead

Overcoming Setbacks



How One Exception Can Lift Our Depression

Take Off the Blinkers!



Create a Positive Mindset about Aging

Turning Aging on Its Head
www.Livingto100.Club

Closing Thoughts on Aging Well

LESSONS – THINKING STYLE – NEW CHAPTERS – SETBACKS – MINDSET

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Questions?

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