

SF Otago SUNFLOWER HANDBOOK



HOW TO STAY YOUNG



1. **Throw out nonessential numbers.** This includes age, weight and height. Let the doctors worry about them. That is why you pay 'them'
2. **Keep only cheerful friends.** The grouches pull you down.
3. **Keep learning.** Learn more about the computer, crafts, gardening, whatever. Never let the brain idle. 'An idle mind is the devil's workshop.' And the **devil's** name is **Alzheimer's**.
4. **Enjoy the simple things.**
5. **Laugh** often, long and loud. Laugh until you gasp for breath.
6. **The tears happen.** Endure, grieve, and move on. The only person, who is with us our entire life, is ourselves. Be ALIVE while you are alive.
7. **Surround yourself with what you love** , whether it's family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.
8. **Cherish your health:** If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.
9. **Don't take guilt trips.** Take a trip to the mall, even to the next town or city; to a foreign country but NOT to where the guilt is.
10. **Tell the people you love that you love them, at every opportunity.**

Life is not measured by the number of breaths we take, but by the moments that take our breath away.

AND ALWAYS REMEMBER...

