

# EMOTIONAL AND PHYSICAL WELLBEING IN LATER LIFE



## **A SHORT GUIDE TO LATER LIFE AND LIVING IT WELL.....**

We have wisdom, or so we are told, aging brings on feelings that we never had before.

Well, I am not sure, as in my life I have seen very young people, children, who are wise beyond their years and aged adults who are, quite frankly dim!

So, it's not the years that make us wise, it is the knowing, the awareness, the inner spirit, or soul, that shows us the path on which to tread. We ignore it at our peril.

You may have reached an age when you have regrets, choices that didn't turn out as you expected, relationships that never quite worked, finances that never grew.....so many things we can regret but regret does very little to increase our happiness, does it?

The rivers of life, like water under a bridge, are the passing years, we cannot ever get them back.

I was born in 1944 and all my three children are in their fifties, and my great-grandchildren are approaching school age. In my early life as was an accountant, then a business consultant, and entrepreneur and now I coach and mentor people...oh yes and I write books, and articles and act as treasurer and publicity organiser for my local Townswomen's Guild.

You can read more about me, my training and my skills on my website but in all honesty, all you need to know is that I am here and able to help you sort out your life!

<https://www.dianeholliday.co.uk/about-diane-holliday/>

Being married twice and now in a loving relationship with my partner, gives me an understanding of relationships and the anguish they can cause. After several years of deep grief after my second husband, the love of my life became ill with Alzheimer's and subsequently passed away, I empathise with those in grief and the anguish of loss.

I am explaining this now, so if you don't know me well at least you will understand where my experience and wisdom come from.

## **KEYS TO A HEALTHY AND HAPPY LIFE –**

**This applies at all ages but especially now in our later life.**

- We all need our minds to be clear of anxiety and worry
- We all need to feel well, fit, and healthy
- We all need love in our lives and the ability to understand the value of compassion and practice it as much as we can

We all need to know that we are part of an amazing world and in this booklet, I will teach you the basics of how to achieve this and find happiness. More when we meet up and work together.

## **We will start with emotional health**

We all have emotions but there are subtle differences between men's and women's emotions, though this is not the place to go into such detail.

- We feel pain, emotional pain
- We feel grief, emotional grief
- But most of all we feel love

What are emotions?

They are feelings of anger, pain, grief, and remorse. They are also feelings of happiness, gratitude, and joy.

I know which ones I prefer, though of course over a lifetime we will experience them all

Love is the right of everyone, we all have the ability to give, share and experience this most empowering emotion but so many times it is squashed down in favour of conflict, worry, work, domination and authority.

Love is not sex, that is attraction and need. Love is giving oneself in service to another without subjugation. We are still US even when in a relationship, never lose sight of SELF.

We feel our emotions in the solar plexus, and it hurts. Grief and fear are the most painful, but when we feel joy and happiness there is no pain, just a feeling of euphoria.

When we are emotionally grown up and mature, we deal with life and death as it comes.

We hope that the experience of death comes first for us when we lose our parents, hopefully only to old age, and that is often tempered by the birth of a child into the family. We have the maturity to see that death is balanced by birth and is inevitable.

Emotional immaturity shows up, not as tears as one may expect but in anger or fear, sometimes both. The years one has lived have little to do with this state of being, we only learn and build coping mechanisms by trial and error.

In this case, we have to be engaged in our emotions, question why and stop them from overwhelming us. We live life through our emotions, not because of them.

**The importance of awareness cannot be stressed more strongly: when we are aware that emotions trigger us to feel something or do something, then take note. This is the point at which we can change that feeling**

Many things will trigger emotions within us, our minds play tricks, stop us from sleeping, and create overthinking and constant worry.

All these are the emotions of STRESS, and stress kills, so better to find a way around this lot...

**The way to stop that is here.... find your emotional maturity**

Emotional maturity is not a gift, nor is it a God-given right, it takes work.

Remember that positive thinking will create less stress, and negative thinking creates more stress.

## **Thoughts and beliefs**

Did you know that you can create a happier life just by your thoughts?

Well, try this....if you don't like what you doing try seeing it as an adventure, make every moment count, be the best at every job and task that you can possibly be. Think yourself into a happy state of mind.

Within a very short space of time, this thinking will deliver rewards, you will start to enjoy (if not love) your job or task because the satisfaction of doing it well will have created a positive thought pattern. Positive thoughts create A HIGH VIBRATION....and until you get this, just believe right now that it is possible.

**If you believe you can or believe you can't...you are right!**

When you have a belief that confirms your position in society, or you have an allegiance to a religion, you are part of a community of like-minded people. That does not make them right or better than another group of people. There is no right, only a path to knowledge.

Using a positive thought...I can, I am able to do this, I am strong, I am capable, I am happy, will always be better than stress incurring negativity.



**TAKE AWAY – You are the only one controlling your thoughts.**

## **THE BODY**

**If we fail to take care of our body, where are we going to live?**

There are so many ways we abuse our body, it would be a large book to go through it all.....so right now we must concentrate on making our body better, more resilient and healthy.

Water is essential for life; without it, we die.

Food is the essence of life; without it, we die.

Simple stuff, but after water what do we eat for good health, I will tell you a secret, very little.

The less we eat the healthier we will become, I am not suggesting we starve, but eating only twice a day and having less on the plate will bring more good health to your body. You can verify all of this using Mr Google. Look up intermittent fasting, and calorie restriction.

Then, of course, exercise; without movement our bodies age and stiffen. Our joints start off flexible. Watch young children and see how they can move. We were like that once, so what is it that makes us less able to move like that? Lack of use, that is what. The exceptions are people who are injured or have some other issues.

It may take a while to get from **Couch to 5k**, but getting from home to the local shops on foot is a start ..if you have local shops of course. But you get my meaning.

**TAKE AWAY – You are the only one putting food in your mouth or moving (not moving) your body.**

## **SPIRIT**

In this section I will talk about your spirit or soul, this is not mentioned much in everyday life but for many who are on the spiritual path, or journey or whatever you want to call it, the soul's journey is paramount. This is the spiritual aspect of your life; it is life, just as your emotions and body are your life.

Becoming aware of how you are, who you are, and what you are, are the first steps to self-knowledge, and that leads to self-confidence and self-love. We need this more, not less, as we age.

**Finding your Souls Purpose – the following is my belief, if not yours, then that is just fine.**

I have spent many years reading and studying ancient and modern thought, religious and spiritual beliefs, and customs. I love them all! They all have a common grounding, love. Love of self and love of neighbour.

The purpose of your soul is not of matter, but of thought and mind, it is not seen or touched by the human hand, it is ethereal. You, like everyone were born to fill out a life of many purposes, we have roles that change continually from the minute we are born until we pass on. Finding your soul purpose is not magic but it is magical and taken in small steps you will realise that you can live out your dreams. I will be doing a downloadable course covering this with much more detail and practical steps to achieve understanding soon.

## PUTTING IT ALL TOGETHER

Our intention for a happy later life can be mapped out in three simple steps.

- Keep our minds free from stress
- Keep our bodies in good condition
- Keep our spirits high

Remember the work is not easy but it can be done, it only takes small changes to see results so start now.

- Consider your thoughts, they create emotions, good and bad.
- Make up your mind to think positively and reduce negativity.
- Look at what you are eating and drinking
- Find out about whole foods and the benefit they bring.
- Take a walk rather than a drive.
- Look at the sky, and the trees, listen to the birds
- Ditch that phone for at least some part of the day,
- Add to your notebook anything that makes you happy
- Draw pictures or take photographs of nature
- Spend time with small children, they know how to have fun
- Check out the moon cycles, and be aware
- Awareness is a fundamental part of personal growth.

**Remember that you will die, but not just yet, so make the most of what you have, gratitude is a high vibration and will make you happy**

There is much to learn, I have been learning now for nearly 50 years since I first thought deeply about this subject, Mind Body and Spirit and its connections to me and my long life. For it is only one subject but with many parts and many roads to get there.

Take this life with gratitude, give back with compassion and most of all love what you are, a blessed and amazing creation with the potential to make this a better world for all.....

**Mentoring you through the bad times, through changes and retirement, through illness and cancer, through relationships and trauma, through stress and grief.**

**I am here for you, that is my passion and calling.**

**There are many ways to work with me, learn from me, so book a 1:1 session for personal help and support, or check out the over 50's Breakthrough Programme....I have been there so I can help you, and have many happy clients who know that my teaching has been influential, by guiding their lives into later life.**

Join my email list <https://www.dianeholliday.co.uk/home>

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Contact me for a chat at <https://www.dianeholliday.co.uk/contact-me/>

There will be more pieces of interest, articles, and postings for ongoing learning both on Facebook and on the resources page of my website where there are FREE downloads and links to my books. <https://www.dianeholliday.co.uk/resources/>

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