Coping with Life Transitions *Fred Ilfeld MD*

1. **Accept, at least intellectually, that life transitions are natural and inevitable** as we grow. Grade school; High School; College; advanced degrees and career training; marriage; parenthood; retirement; downsizing.

2. **Mourn one's losses.** Losing friendships. Deaths of your friends and/or your spouse. Changes in location. Moving away from one's former community. The rewards of one's former work. Mourning is a natural process of emotionally saying goodby and can take years.

3. **Celebrate new beginnings and new opportunities**. New friendships. Grandchildren arrive. New hobbies or second careers.

4. **Appreciate and utilize wisdom** gained from experience over your many decades.

5. **Attend to and appreciate the present moment.** Notice and experience the wonder of what is happening around and within you in the current moment, not just the past or future. In the common idiom- "live in the here and now". In my experience doing so brings inner peace.

6. **Talk to friends & family** about your experience**. Accept support from them and even professional help** if desired.

7. **Accept the inevitability of your physical deterioration**. We are aging, and this aging process underpins life transitions.

Slowing aging strategies/habits *Fred Ilfeld MD*

According to many scientists who study longevity **two items top the list**:

- **strong social relationships/close friendships**

- **regular exercise**

+ endurance/cardio workouts
+ balance training
+ stretching exercises
+ power/resistance training

While the above two items top the list, several others follow close behind. In no particular order of priority these are:

- **eating a Mediterranean Diet**

- **having a strong sense of purpose and meaning in one's life**

- **experiencing a strong sense of spirituality- feeling connected to something larger than one's self or one's society.**

- **taking anti-aging supplements**
-