

## 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. (keep this in mind if you are one of those grouches)

**3. Keep learning:**

Learn more about the computer, crafts, gardening,

whatever. Never let the brain get 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.**

And if you have a friend who makes you laugh, spend lots and Lots of time with HIM/HER.

**6. The tears happen:**

Endure, grieve, and move on as you grieve and in grief. The only person, who is with us our entire life, is ourselves. LIVE while you are alive.

**7. Surround yourself with what you love:**

Whether it's family, pets, keepsakes, music, plants, or 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 county, to a foreign country, but NOT to where the guilt is.

**10. Tell the people you love that you love them, at every opportunity.**

Anonymous