

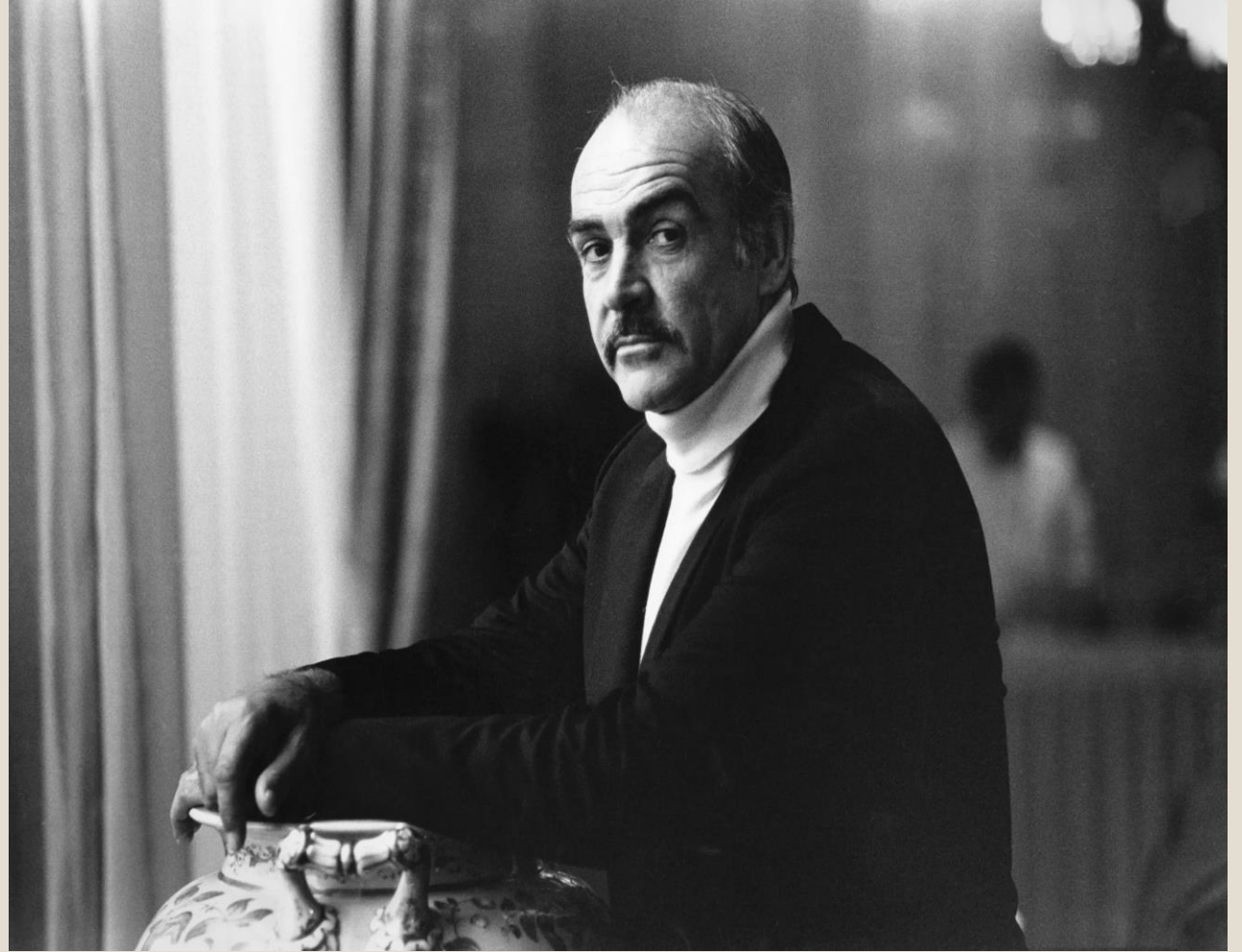


# AGING GRACEFULLY



“BEAUTIFUL YOUNG PEOPLE ARE  
ACCIDENTS OF NATURE, BUT  
BEAUTIFUL OLD PEOPLE ARE WORKS  
OF ART”.

- Eleanor Roosevelt -





# ARTINYA....

- istilah kekinian yang menggambarkan keinginan untuk bertambah tua namun tetap menarik.
- Aging gracefully can mean something different to every person. To some people, aging gracefully might mean **staying physically healthy**. For others, it might mean maintaining strong relationships or keeping a sharp mind. Take time to reflect on your values and identify what it means for you to age gracefully.
- Aging gracefully doesn't mean you have to wear your wrinkles with pride – instead, you need to do whatever is necessary to stride into your older years with confidence. For some people, this may mean simply embracing the natural signs of aging without visiting a board-certified plastic surgeon along the way.
- We can embrace aging by practicing self-kindness and self-compassion, and by extending that same kindness and compassion to those around us

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## ○ **FISIK**

- For some of us, aging means coming to terms with our changing appearance. We may start to feel as though our appearance is not what it once was and that can leave us feeling anything from sadness and grief to shame and fear. Some of us may feel that our bodies have somehow betrayed us as we notice our mid-sections expanding and our muscle tone changing. Some of us may notice more wrinkles and gray hair as we age. These are not signs that our bodies are failing us. These are signs that we are in the midst of change. And change does not have to be viewed with fear or sadness.

## ◦ **PIKIRAN DAN MENTAL**

- Stable, indifference (in positive term), accepting things, expression of gratitude, not afraid of silence and solitude

## ◦ **TINDAKAN**

- Kontinyu, orientasi pada memberikan manfaat bagi orang lain/Masyarakat.