

The path to happiness after 60

by Pensiri Panyarachun, Absolute Living Thailand

What is happiness?

Happiness is something everyone wants. Mahatma Gandhi said, "Happiness is when what you think, what you say, and what you do are in harmony." Margaret Lee Runbeck's definition of happiness is, "Happiness is not a station you arrive at, but a manner of traveling." Getting older can bring a renewed sense of happiness and wellbeing, despite physical and mental declines, researchers report in the American Journal of Psychiatry. For me, happiness is a *decision*. Your happiness is your decision to make. Getting older can make you feel happier if you know how to manage everyday life. There are some recommended ways to make enjoyable life for seniors.



1. Give Your Life a Purpose

Everyone needs a purpose, no matter how old they are, something to make getting out of bed in the morning worthwhile. What do you plan to do with the rest of your life? Find something that invigorates and interests you and pursue it. This is how you keep yourself and your brain young and vital. It can get you out of the house and you may even make some new friends.

2. Assist Others

It is a fact that whenever we help others we will feel happier. Lots of people spent most of the time working while they were young. No time to care for others. Retirement is a great opportunity to apply your passions, strengths and values, to help others and make you feel good. Do what makes you feel good. Help others as a volunteer at a school, church or hospital. That alone could add value and meaning to your life.

3. Do Something Nice

We all know that being a good person could make you feel

happy. That's why people enjoy doing something nice for people. Whether it's a small act of courtesy you perform for a stranger or a gift of your time or service to a friend, enjoy the glow that comes in the action's aftermath. Try to do something nice for someone every day. It will give you something to think about besides yourself.

4. Accept Your Limitations

It can be frustrating not having the physical strength or income you once had. Learn to understand and accept the fact of life that everybody gets old, so enjoy and make the most out of your present situation. Part of being happy is learning to accept your limitations. Think of all the big success stories of athletes who lost their careers due to accidents or injuries and went on to become businessmen, inventors, entertainers. Accept your limitations and get on with it. If one door closes, open another. Changing course and taking a new direction keeps life interesting.

5. Spend Time with People You Like

Spend as much time as you can with people you like, people who make you happy. It's good for your body, your brain, and your emotional stability. Statistics have shown that good relationships promote long life. Keep your friends and family members close and plan fun times together.

6. Do What You Like to Do

What makes you happy? What do you like to do? Whatever it is, spend as much time as you can doing it. If you love dancing, dance. If you love painting, paint. Maybe you haven't had time in the past to indulge yourself this way, but now you do, so go for it. Remind yourself what you used to love doing and start doing it again.

7. Happiness Begins Inside You

Happiness doesn't depend on external circumstances, it begins inside ourselves. Have you ever met someone who was chronically ill, or broke, or bereaved, and yet they always seem happy? They have discovered the true secret of happiness, which is that it has to begin inside, or it doesn't begin at all. Ask yourself: What would I miss most about today if I lost it all tomorrow?



A perfect "Home"
for your retirement



Absolute Living Thailand introduces you "Long Lake Hillside Resort", an ideal lifestyle concept of retirement resort located at Banglamung, Pattaya. We combine resort-style living with special care and emphasize on quality of life for seniors.

Retirement Living at **Long Lake Hillside Resort** makes you feel right at home from the very first day you move in.

Up to 40%
Special Discount
for Early Bird

Contact us now at 092 265 1145
www.absolutelivingthailand.com

Then start being grateful for and appreciating it. And every night write down three things for which you are grateful.

8. Exercise

Research shows that exercise is as effective as anti-depressants for people with depression. Exercise also reduces stress, boosts confidence and improves sleep. Exercise is good for the elderly too. If you keep yourself healthy inside your body, your soul will be happy as well.

Remember, "Happiness of your life depends upon the quality of your thoughts." No matter how old you are, you can be happy and feel great in everyday life if you wish to be. Nobody could make you feel happy if you do not want to. So start each new day with positive thoughts, gratitude, and a good attitude toward yourself and others. That's how to make your life happy and peaceful.