

LOVE & LIFE

Senior Women: Welcome To Prime Time

by *Dr. Judy Kuriansky*
(NAPSA)—The saying, “Don’t think of it as getting older, you’re getting wiser and better,” is even more true about women today, as they take better care of themselves to look and feel younger and healthier.



Dr. Judy

Midlife can be wonderful. Liberated by fewer family responsibilities, many women are revitalized by accrued wisdom and newly found self-confidence. Midlife is a time to find new interests, awaken feelings and sensuality, and discover deeper spirituality.

Many myths persist about aging women. Debunk these myths, change your way of thinking, and celebrate life.

MYTH: You can’t fulfill your dreams.

TRUTH: Not true! You now have time to pursue your dreams. You’ve learned lessons and can apply your valuable know-how.

MYTH: You’ll lose your looks.

TRUTH: How you feel and take care of yourself makes the difference between looking worn out or vibrant. Maintain a healthy diet and regular exercise. Feeling good will shine in your eyes, complex-

ion and posture, making you look beautiful.

MYTH: Depression is inevitable in aging.

TRUTH: Women suffer from depression more than men, with the incidence increasing with age. You do not have to be a statistic, however. Depression is caused by physical and emotional factors including illnesses, losses and stress about how your body or life is changing. How you face changes greatly affects your mood. Help and support are available. Feeling depressed does not have to be a part of your life.

MYTH: Things will never be as good as they were.

TRUTH: Instead of fixating on what used to be, embrace change and focus on the possibilities of life now and ahead.

MYTH: Stay safe, don’t rock the boat.

TRUTH: Use your wisdom, newly found choices and freedom of maturity to do what you please. Live each day to the fullest.

Now that you’re older, wiser and more secure, say “yes” to things you would have said “no” to in your younger years. Better yet, say “yes” to life.

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