

Guillermou

From the perspective of stoicism, one feels joy when some concrete report satisfies one's needs. For example, I was satisfied with your decision. I've tried to make it better than I thought it would be. Be with family and friends, enjoying it. Evaluate too many things than just sitting there. A surprise, a special moment. It can be happy knowing that these days we are going to be friends and others, no matter what. The end result is a state of balance and internal contrast that marks our rumbo in life. In all of them, gratitude, love, curiosity, cognitive resilience and flexibility are the source of emotional stability, affection and happiness.

Happy people are surrounded by optimistic and healthy friends who are careful and know how to make friends. As in the poem by John Donne, "No man is an island cometh for himself. "Every man is a piece of the continent, a part of everything." Be generous, positive and do not realize that the center of the universe is a magician for this type of relationship. In this feeling, Diogenes manifests himself, the person with fewer needs is freer and happy. Happiness comes from having a life project. Love, emotional balance, objects, culture, inner peace and friendship Albert Einstein believed that brilliant people could direct their ideas in a certain moment.

Nothing is so extraordinary and vital in the human being as our ability to adjust behavior and thoughts with love to overcome and advance with greater audacity to obtain better, more proven, the completeness of each scene to obtain the maximum benefit. Einstein left other phrases that help us understand that scientists understand a happy life. "A humble and tranquil life brings with it greater happiness than the pursuit of death and the constant uncertainty that entails."

Posted On 07/06/2024

Guillermou

Cognitive flexibility guided by love is understanding and empathy, understanding what things are like at a given moment, understanding what motivates people to look for possible causes of these emotional problems that we are dealing with. Only a flexible mind, commanded by the strength of the soul, will be able to overcome the difficulties of overcoming and maintaining happiness. We are not able to see the many perspectives of our reality like we lock our doors to happiness. In this direction we have great ties and bonds such as the self-confidence and self-sufficiency of large weapons to avoid and exploit the society of toxic people and corruption prevalent by those who only seek the power-money binary.

Before everything the great power of the mind. To generate a positive change in our mental activity and its relationship with physical health, it is necessary to “reprogram our mind”, that is, to discover the path to generating attitudes, symptoms, evolution, thoughts and sensations of well-being. This is possible through psychological therapy, with cognitive restructuring techniques among others, where the person discovers the programming error in his subconscious mind, which generates ill health and illness. Patterns of negative thinking are the source of tremendous emotional sustenance and misery.

By doing this, factors are as important as depression and anxiety. Cognitive flexibility is directly related to many advanced mental abilities, for example:--- 1) Planning the future--- 2) Metacognition--- 3) Autocontrol-- 4) Being able to consider multiple aspects of a given situation . 5) See things from a new, creative and innovative perspective. It links cognitive restructuring with its benefits and practical examples.-- nickwignall.com/cognitive-restructuring (2020).----- www.choosingtherapy.com/cognitive-restructuring (2022).--- helpfulprofessor.com/cognitive-flexibility-examples (2023).---

Posted On 07/06/2024

michaelrbuley

Guillermou, your words here are beautiful, powerful, inspiring, instructive. Thank you. I copy and paste them here again, so I can see them in front of me once again: "Happy people are surrounded by optimistic and healthy friends who are careful and know how to make friends. As in the poem by John Donne, "No man is an island cometh for himself. "Every man is a piece of the continent, a part of everything." Be generous, positive and do not realize that the center of the universe is a magician for this type of relationship. In this feeling, Diogenes manifests himself, the person with fewer needs is freer and happy. Happiness comes from having a life project.

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Posted On 07/06/2024

Guillermou

Michael, your comment is very encouraging, we cannot change people trapped in selfishness, despair and frustration, but we must face the adversity of a world of obstacles. To face the adversity we need to record what our vital feeling is. Clarifying problems and improving resilience will help us go through this process with better resources and understanding. We all experience difficult moments throughout our lives. Facing adversity is something more than a desire or a suggestion, it is a necessity, an obligation to integrate in the mind and heart. We all know that applying this focus and removing appropriate gears is not always easy. It is in these moments of adversity when we experience very powerful emotions such as sadness, impotence, frustration, etc but one important question is the potential for resilience.

In a study led by psychologists Linley, PA, and Joseph, S. from the University of Warwick, United Kingdom, it was demonstrated that the characters' abilities to face difficult moments, gain valuable knowledge to see the future with better resources. pubmed.ncbi.nlm.nih.gov/15027788 .-----

--- TOP 10 ALBERT EINSTEIN QUOTES www.brainyquote.com/lists/authors/top-10-albert-einstein-quotes

Posted On 07/06/2024

homeboymi

I got a new puppy with my stimulus check. I was 76 and boy did I get stimulated! I am 80 1/2 now and I walk my 4 year dog 4 miles every day. I also ride my recumbent bike in the afternoon. Stay active and stay away from doctors if you can. Don't take any unnecessary drugs. Statins almost destroyed me 20 years ago. No alcohol or smoking except a little cannabis before I ride my bike to relax. Good luck.

Posted On 07/06/2024

lyn53054

My sisters partner is a full time bus driver at 83. He is amazing, an absolute inspiration, and at 58 I look up to him. My sister is a fit and healthy 61 so he obviously still has it!

Posted On 07/06/2024

megan490

I play hockey and love it. Denied entry to play for decades because of my sex, I jumped at the chance when I found a women's league that wasn't simply glass-ceiling breaking athleticism, which I knew I'd never be. I love the game, love to play, but had no illusions of grandeur of my ability. Yes, if I could have learned to skate and been given a chance to play at 4 instead of 40, I undoubtedly would have better skating and stick handling skills now. I would have had far less fear of falling or hurting myself. But, the joy I get from playing is wonderful. I hope to play until I leave the planet. The upside to my late start in skating and hockey is that my knees weren't shot from earlier years of sports. As an older athlete, I have to train differently, and I take longer to recover now in my sixties than I did in my forties. It's such a blessing to play with a group of women who welcome this old girl to their ranks. We all have fun.

Posted On 07/06/2024

michaelrbuley

Megan, this is fantastic! And you're so right. Athletes from young ages, often suffer debilitating injuries to joints in later years. You're playing and enjoying it tremendously in your 60s, when many who used to play, and would love to still, simply can't. It's such a wonderful thing that you're out there on the ice! Congratulations!

Posted On 07/06/2024

Anicopia

" . . . despite facing significant health challenges such as cancer, arthritis and heart conditions, continue to engage in physically challenging activities . . . ". There is a very big difference between "fit" (as in increased capacity for a given exercise from performing that activity) and "health", which is, as also mentioned in the article, primarily related to cellular and mitochondrial functionality. People can be "physically fit" in terms of exercise capacity and yet die of a heart attack or stroke. The overall focus needs to be more on cellular health and not just people who force themselves to be active, which is also a stress on the body.

There IS a correlation between exercise and health/longevity because healthy people (particularly mitochondrially healthy) HAVE the energy to perform exercise, or they wouldn't do it. But this is a "chicken or egg" question. They are NOT necessarily healthy BECAUSE of their exercising/activities, though exercise is a significant stimulant to mitochondrial health and division. But they are capable of exercising and so they do it. But attitude is also a huge factor. People who believe they ARE healthy are giving their subconscious minds the message to BE healthy, the ultimate Placebo Effect!

Posted On 07/06/2024

michaelrbuley

Good differentiation between healthy and fit. And what you closed with is so vital, so powerful, and more of us could benefit from practicing this: "But attitude is also a huge factor. People who believe they ARE healthy are giving their subconscious minds the message to BE healthy, the ultimate Placebo Effect!" Talk of sickness, bemoaning illness (rather than blessing it and learning from it), seeing ourselves always health, speaking health, studying health, are more powerful than most of us know. Such an important reminder. Thank you!

Posted On 07/06/2024

Guillermou

Yes, body vitality and mental well-being work together to achieve objectives in all aspects of life. We cannot control our thoughts and emotions to work together face to face with a goal in mind. Motivation is important but throughout our psychoconductor repertoire, with which we can control our actions. Conductive activation consists in logging that the person is introduced to his or her life conducts with the changes that suit his or her thoughts, states of animate and his or her quality of life. A study of the University of Technology in Curtin, Australia, reminds us that this course has great benefits for our well-being. Conductive activation tells us that we don't "feel good" about doing something.

The key is to take the hand of self-discipline and initiate an action. People cannot choose how we feel every day, but we can choose what thoughts are valuable. The secret is in the discipline, in the conductive activation before citing and in the self-esteem. It is important that the personality relates the activities he or she undertakes with his or her values, with respect to his or her friends, his or her work, his or her family, what he or she likes and what he or she feels is good. What behaviors suggest is that they have lower probabilities of extinguishing, conferring on our conductive exit activation www.ncbi.nlm.nih.gov/pmc/articles/PMC2882847/#:~:text=Behavioral%20act.. (BA)%2C%20an,of%20BA%20on%20well%2Dbeing.

Posted On 07/06/2024

Mmmarsha71

Good for them hopefully they can inspire others but on the other side most elderly have numerous issues concerning their health and mobility.

Posted On 07/06/2024

imaginal110

Yes, yes, yes! It's also possible to come into a fuller sense of ourselves when we're older. We get to look at and work on old "demons" that we couldn't handle well . We can make deeper peace with ourselves and our families. We can also give back what wisdom we've gleaned from a lifetime. We can be Mistake Experts, learning from them personally and finding a way to help.

Posted On 07/06/2024

Guillermou

Yes, living and get older with sadness is one of the things we must persevere and hold dear human beings in this life. Larger people, through their work, evidently live a long time and, with multiple and varied experiences in their lives, provide a clear, unexpected perspective on how to value life things in their own right. We must find sadness in living with people, in books, in experience, in meditation, in the midst of a misfortune, in peace, in love, in serenity, in contact with nature, in the transcendent... And, also in adversity and in the errors...,Henri Frederic Amiel - writer, philosopher and Swiss moralist - answering this question with a clear phrase" To understand is the greatest of the sadnesses and one of the most difficult chapters of the great art of living"

Posted On 07/06/2024

imaginal110

Yes Gui. We can find gladness here. Even though this is a dark time, it's held by greater hand and the eternal truths remain ever true and available.

Posted On 07/06/2024

Guillermou

Yes, Andrew, to overcome difficult situations we need the power of resilience, we need to fully understand our strengths and weaknesses, and this power of self-awareness allows us to overcome goals to fulfill our dreams and make reality. Mental health depends both on what you think about your brain and what you think about your body. Study, read, learn without stopping, don't let your curiosity get in your head while you work. And, too, move your body, walk, run, mount a bike, what you like, but don't stop moving.

Posted On 07/06/2024

michaelrbuley

Such a wonderful insight and reminder, imaginal110 -- I love what you wrote! We are blessed if we live a long life. The gifts to us abound in greater understanding, compassion, gratitude, joy. Realizing our mistakes, making amends, and truly loving those who have touched our lives, and whose lives we touch. To give back what we've learned, usually the hard way, in those lessons from our mistakes. Above all, kindness to all, first to ourselves, and to all in our world.

Posted On 07/06/2024

imaginal110

Yes Gui, I hear you advocating for really going for it and not being distracted, continuing to learn . . . and move! Tucker said on his Aussie tour recently that the two qualities needed are speaking the truth and bravery. I see you demonstrating those daily. It's God's world in the end so we can trust the process and get down to doing the change, or being it! Onward!

Posted On 07/06/2024

dolly3953

I have one better - how about ETERNAL happy life??

Posted On 07/06/2024

_Russell

Thanks for sharing this Dr Mercola

Posted On 07/06/2024

WEN937989

God has blessed me as I'm 87 years old and in great health. I still ride my Harley Davidson motorcycle. Operate a Coffee roasting company Chain saw and split firewood Run the Tow Motor God is so good!

Posted On 07/06/2024

fonso1

Turned 70 last October. I coach kid's league volleyball in spring and fall. I coach adult volleyball on the beach twice a week 3 hrs each time. Then I play sometimes 3 more hours 2-3 times a week. Most of the players are in their 20's, 30's, and 40's. I stay hydrated and try to eat right. When I'm not on the beach I'm out on my Harley. I am on the 3 month check up for skin issues. Thinking of surfing today.

Posted On 07/08/2024

m231231

42 min video on YT. Impressive.

Posted On 07/08/2024

pjucla

Can still do a back handspring at 66 . Stay limber my friends.

Posted On 07/06/2024

Can4466

You're losing me with you negativity about Estrogen.

Posted On 07/06/2024

dwaters800

My second cousin is 82 years old and a snow ski instructor. He is amazing!

Posted On 07/06/2024

correspondencecommitte

People who think their health is not the result of socio-economic conditions which leave most of every generation dispossessed of means for living well if at all are not fit, except perhaps as fools and accomplices to crimes against humanity.

Posted On 07/06/2024

Wjj56582

I took up downhill skiing at 60. I was diagnosed with osteoporosis a few years prior so did supplements, weight workouts, etc. no drugs. At 65 I had my best ski season ever, I can't wait to hit the slopes next winter! I have no idea what a dexa would show now, years later, but I've fallen many times and never broke anything. Can't say the same for 2 younger sisters who take all the drugs their doctors prescribe and get fractures!

Posted On 07/06/2024

THello

Dr. Mercola, you continue to inspire us over and over again. The world is a better place because of you. Thank you.

Posted On 07/06/2024

evo5175

Awsome!

Posted On 07/06/2024
