

Mental Health Matters

Every month CARP Halton will feature a Mental Health segment. This segment will feature agencies, groups, presentations, articles, tips and more to enrich your Mental Health whether it is having the blues or being anxious or being in crisis. Let's see what Superaging has to tell us about staying well:

These 8 habits can extend your lifespan by 24 years (Superaging claim)

1. **Smoking:** Not smoking reduces the risk of numerous health problems, including heart disease, stroke, lung cancer, and respiratory diseases. According to the study, people who never used tobacco had a reduced risk of death by 29%.
2. **Stress:** Ongoing chronic stress has been linked to a wide range of health problems, including hypertension, cardiovascular disease, depression, and impaired immune function. Managing stress reduced the risk of death by 22%, the study said. Research suggests that stress management techniques such as mindfulness meditation and relaxation exercises can help reduce blood pressure and improve cardiovascular health.
3. **Diet:** Eating more vegetables, fruits, whole grains, and lean proteins has been associated with a lower risk of age-related chronic diseases such as type 2 diabetes and cardiovascular disease. A plant-forward diet plan, such as the Mediterranean diet, can boost your chances of living a longer life by 21%, according to the study. (Read about some of our favourite longevity foods here.)
4. **Sleep:** Getting adequate sleep is key for healthy aging, with numerous studies linking insufficient sleep to chronic conditions like heart disease, cancer and diabetes. People

who get their healthy zzz's have a reduced risk of early death from any cause by 18%, the study said. It is also thought to help thwart cognitive decline and Alzheimer's disease, according to the Sleep Foundation.

5. Positive social relationships: Strong social connections have been linked with numerous benefits, including a reduced risk of mortality, improved mental health, and better overall well-being. This study found that having positive social relationships helped to boost longevity by 5%. (Find out how new tech is tackling social isolation.)

While this study does not prove direct causality, the findings support a growing body of research on the important role of a healthy lifestyle in preventing chronic disease, and thereby, promoting a longer lifespan.

And remember, when it comes to adapting healthier habits, it's unarguably a case of better late than never! As Nguyen says, "It is never too late to adopt a healthy lifestyle."

Superaging Staff May 9, 2024

<https://superagingnews.com/self-care-9-expert-tips-to-protect-your-mental-health-and-your-l>