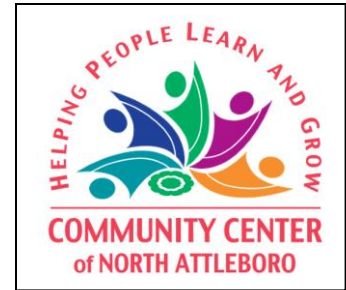


Getting to a healthier you

As always in the new year, we seek to improve ourselves. We have 3 ideas here to get you thinking and moving.

1. The first is a happiness challenge. “The Good Life”
2. The Joy Workout
3. Mental, social, and spiritual health are as important as physical health and are deeply interconnected



Newsletter January 2024

Access each topic to read more!

A happiness challenge. “The Good Life”

One writer focused on “The Good Life” by Dr. Robert Waldinger. It’s about the Harvard Study of Adult Development, which started during the Depression. One key finding is this:

“If you’re going to make one single decision that would ensure your own health and happiness, the science tells us that it should be to cultivate warm relationships of all kinds. It’s not just about having a partner. It’s in every realm of your life. So we worked with Dr. Waldinger to craft exercises to help people cultivate more happiness in their relationships.”

See the entire article from January 1, 2023 here [<https://www.nytimes.com/by/lauren-jackson>

The Joy Workout

“Researchers have [identified several movements](#) like this that are recognizable in many cultures as inspired by joy: reaching your arms up; swaying from side to side, like concertgoers losing themselves in the music; other rhythmic movements, such as bouncing to a beat; or taking up more space, like dancers spinning, arms outstretched.”



See the video here: <https://www.nytimes.com/2022/05/24/well/move/joy-workout-exercises-happiness.html?>

Our third article matches one central theme of the Community Center.

Mental, social, and spiritual health are as important as physical health and are deeply interconnected

How important is your mental, social, and spiritual health to you? Do you observe linkages between your own mental, physical, social, and spiritual health?

“... people and systems focus almost entirely on physical health. In 2020, less than 2 percent of physicians and nurses worldwide were trained in managing mental health problems.¹⁴

More than 90 percent of all healthcare expenditures are spent on treating physical disease or physical symptoms.¹⁵ Most countries don't even attempt to systematically measure mental health, let alone social or spiritual health."

"we recognize that a large and growing body of research is catching up to a few thousand years of philosophical and religious teachings that recognize the linkages among body, mind, and spirit. University of Michigan researchers concluded that people without a strong life purpose were more than twice as likely to die, specifically from cardiovascular disease, than those who did have a strong life purpose.¹⁷ Scientists at the Chonnam National University Medical School in South Korea found a link between anxiety and eyesight problems.¹⁸ Finally, research from National Academies of Sciences found that loneliness among heart failure patients was associated with around a four times increased risk of death and a 68 percent increased risk of hospitalization.¹⁹"

<https://www.mckinsey.com/mhi/our-insights/the-secret-to-great-health-escaping-the-healthcare-matrix>

Resources

For those who need assistance with mental health or are in crisis, a special hot line has been developed. It has been shown to be effective in reducing suicides.

988 SUICIDE AND MENTAL HEALTH CRISIS LIFELINE

Many people experience suicidal crisis or mental health-related distress without the support and care they need. The 988 Suicide and Crisis Lifeline –previously known as the National Suicide Prevention Lifeline is a national network of more than 200 crisis centers. If you have no immediate need for police, fire, or EMS, instead of calling 911, call or text 988 for confidential support for suicidal crisis, mental health-related distress, substance- use crisis, or any other kind of emotional distress. People can also dial 988 if they are worried about a loved one who may need crisis support. Help for Veterans: For calls, pressing "1" after dialing 988 will connect you directly to the Veterans Crisis Lifeline which serves our nation's Veterans, service members, National Guard and Reserve members, and those who support them. For texts, continue to text the Veterans Crisis Lifeline short code: 838255.

Social Isolation in Massachusetts

AARP supports communities to combat isolation.

Shift Happens: Forging Connections in New Ways

Together with AARP Massachusetts, we hosted a virtual summit to celebrate National Good Neighbor Day on September 28, 2022. Watch the recording and learn more below.

<https://www.endlonelinessma.com/summit>