

# How to Stay Young

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Throw out non essential numbers. This includes age, weight and height. Let the doctors worry about them. That is why you pay ?them!?

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Keep only cheerful friends. The grouches pull you down.

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Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the brain idle. ?An idle mind is the devil?s workshop.?

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Enjoy the simple things.

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Laugh often, long and loud. Laugh until you gasp for breath.

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The tears happen. Endure, grieve, and move on. The only person, who is with us our entire life, is ourselves. Be ALIVE while you are alive.

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Surround yourself with what you love, whether it?s family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.

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Cherish your health: If it is good, preserve it. If it is unstable,improve it. If it is beyond what you can improve, get help.

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Don?t take guilt trips. Take a trip to the mall, even to the next county; to a foreign country but NOT to where the guilt is.

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Tell the people that you love them, at every opportunity.