

Life can begin at 60, it is all in your hands!

Many people feel unhappy, health-wise and security-wise, after 60 years of age owing to the diminishing importance given to them and their opinion. But it need not be so, if only we understand the basic principles of life and follow them scrupulously. Here are ten mantras to age gracefully and make life after retirement pleasant.

1. Never say 'I am aged': There are three ages, chronological, biological, and psychological. The first is calculated based on our date of birth; the second is determined by the health conditions and the third is how old you feel you are. While we don't have control over the first, we can take care of our health with good diet, exercise and a cheerful attitude. A positive attitude and optimistic thinking can reverse the third age.

2. Health is wealth: If you really love your kith and kin, taking care of your health should be your priority. Thus, you will not be a burden to them. Have an annual health check-up and take the prescribed medicines regularly. Do take health insurance cover.

3. Money is important: Money is essential for meeting the basic necessities of life, keeping good health and earning family respect and security. Don't spend beyond your means even for your children. You have lived for them all through and it is time you enjoyed a harmonious life with your spouse. If your children are grateful and they take care of you, you are blessed. But never take it for granted.

4. Relaxation and recreation: The most relaxing and recreating forces are a healthy religious attitude, good sleep, music and

laughter. Have faith in God, learn to sleep well, love good music and see the funny side of life.

5. Time is precious: It is almost like holding a horse's reins. When they are in your hands, you can control them. Imagine that everyday you are born again. Yesterday is a cancelled cheque. Tomorrow is a promissory note. Today is ready cash — use it profitably. Live this moment.

6. Change is the only permanent thing: We should accept change — it is inevitable. The only way to make sense out of change is to join the dance. Change has brought about many pleasant things. We should be happy that our children are blessed.

7. Enlightened selfishness: All of us are basically selfish. Whatever we do, we expect something in return. We should definitely be grateful to those who stood by us. But our focus should be on the internal satisfaction and happiness we derive by doing good to others, without expecting anything in return.

8. Forget and forgive: Don't be bothered too much about others' mistakes. We are not spiritual enough to show our other cheek when we are slapped in one. But for the sake of our own health and happiness, let us forgive and forget them. Otherwise, we will be only increasing our BP.

9. Everything has a purpose: Take life as it comes. Accept yourself as you are and also accept others for what they are. Everybody is unique and right in his own way.

10. Overcome the fear of death: We all know that one day we have to leave this world. Still we are afraid of death. We think that our spouse and children will be unable to withstand our loss. But the truth is no one is going to die for you; they may be depressed for some time. Time heals everything and they will carry on.