

Healthy Aging HACKS™

MIND | Healthy Aging Edition

SIMPLE HABITS. A HAPPIER YOU.

1

CULTIVATE GRATITUDE



Take a few moments each day to notice and appreciate the good in your life. Gratitude shifts perspective, reduces stress, and boosts overall well-being.



2

STAY CONNECTED



Nurture meaningful relationships. Time with family, friends, and community supports a healthier mind, reduces stress, and adds more joy to each day.



3

KEEP LEARNING



Challenge your mind with new experiences. Read, take a class, explore a hobby, or try something new. Curiosity keeps your brain healthy and life exciting.



4

MOVE YOUR MIND



Take time to unplug, breathe, and be present. Mindfulness, meditation, or simply spending quiet time outside can reduce stress, improve focus, and help you feel more balanced.



5

PRIORITIZE QUALITY SLEEP



Aim for 7–9 hours of restful sleep. Better sleep supports memory, mood, energy, and a healthier, more resilient you.



6

FIND YOUR PURPOSE



Stay engaged in what gives your life meaning. Purpose fuels motivation, resilience, and a more positive outlook — at any age.



DISCOVER YOUR HEALTHY AGING SCORE™

Take the free assessment and get a snapshot of your current habits, plus simple next steps for a healthier, happier you.

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Everyday
Wellness Matters

BODY • HAIR • MIND

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