

**HEALTHY AGING**

# FAMOUS QUOTES ABOUT AGING

(10:00-10:15)

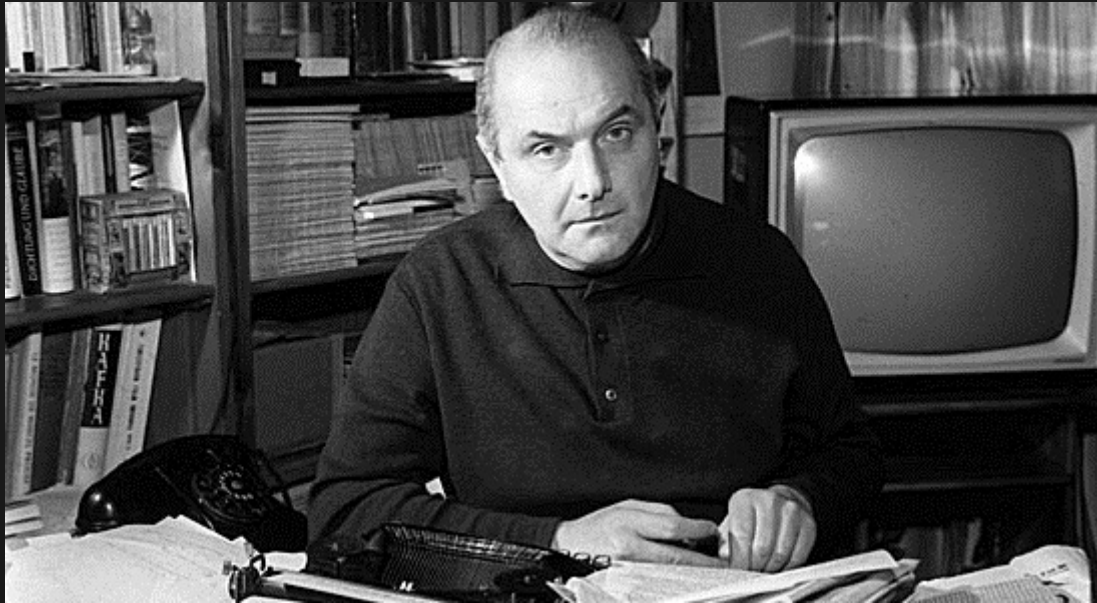
# H.L. MENCHKEN

- American journalist and critic
- Famous for his wit and skepticism



# STANISLAW JERZY LEC

- Polish poet



# FRANK LLOYD WRIGHT

- Architect



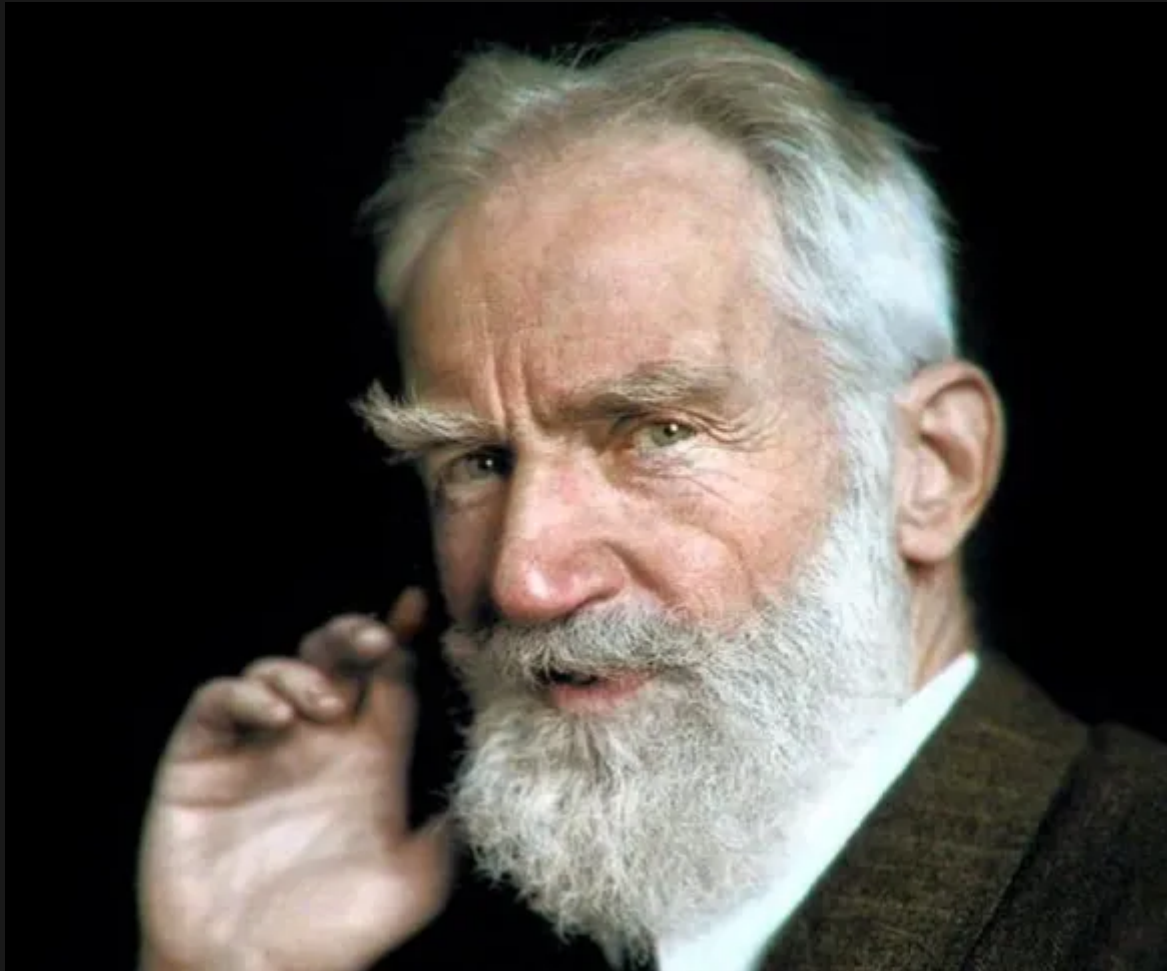
# GOLDA MEIR

- Israel's fourth Prime Minister



# GEORGE BERNARD SHAW

- Irish playwright, critic, political activist



# FAMOUS QUOTES WORKSHEET



# VOCABULARY

(10:15-10:20)

# **1. COGNITIVE DISSONANCE**

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THE MENTAL DISCOMFORT EXPERIENCED WHEN  
HOLDING CONFLICTING BELIEFS, VALUES, OR  
ATTITUDES.

*Some people experience **cognitive dissonance** when  
their actions don't align with their values.*

## 2. CONFLICT

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A SERIOUS DISAGREEMENT OR ARGUMENT;  
INCONSISTENCY.

*There may be a conflict between enjoying sweets and wanting to eat healthily.*

# 3. CHRONIC

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LASTING FOR A LONG TIME OR CONSTANTLY  
RECURRING.

*Ignoring signs of chronic conditions can lead to health  
problems.*

## 4. MISCONCEPTION



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A VIEW OR OPINION THAT IS INCORRECT BECAUSE IT IS BASED ON FAULTY THINKING OR UNDERSTANDING.

*A common **misconception** about aging is that it always leads to poor health.*

# 5. IGNORE

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TO DELIBERATELY PAY NO ATTENTION TO;  
DISREGARD.

*It's unwise to ignore regular check-ups as part of a healthy aging plan.*

## 6. *AVOID*

## 6. AVOID

TO KEEP AWAY FROM OR STOP ONESELF FROM  
DOING SOMETHING.

*To maintain good health, one should avoid excessive  
sugar and fat.*

# 7. ISOLATE

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TO SET APART OR CUT OFF FROM OTHERS; TO  
REMAIN ALONE OR SEPARATED.

*People who isolate themselves socially may face  
emotional and mental health challenges.*

## 8. REFUSE



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TO SHOW THAT ONE IS NOT WILLING TO DO  
SOMETHING.

*Some individuals **refuse** vaccinations, despite their  
importance in preventive care.*

## 9. EXCESSIVE

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MORE THAN IS NECESSARY, NORMAL, OR DESIRABLE.

*Excessive alcohol consumption can have negative effects on one's health.*

# 10. BEHAVIOR

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THE WAY A PERSON ACTS, CONDUCTS ONESELF, OR  
THE MANNER IN WHICH A PERSON ROUTINELY ACTS.

*Adopting positive **behavior** such as exercise and a  
balanced diet contributes to healthy aging.*

# WORD-DEFINITION RELAY

(10:20-10:30)

# THE WORST ADVICE FOR HEALTHY AGING

(10:30-11:00)

- Cognitive Dissonance worksheet

# HELPFUL ADVICE ROLE-PLAY

(11:00-11:20)

- Doctor and Patient
- Convincing a family member to change an unhealthy behavior
- A TV commercial encouraging senior citizens to adopt healthy behaviors



# COOL DOWN/REFLECTION

(11:20-11:30)

- What did you learn?
- What surprised you?
- How can you apply these insights to your life?

# IF YOU ENJOY HOMEWORK

Write a reflective journal entry on your thoughts about healthy aging and how you plan to apply the concepts in you life.