

Weekly Wisdom



Grow the Green for You and Your Team



"Living in the moment is a gift. That's why they call it the present."

-- Ted Lasso

To Be Happier, Think Like an Older Person

Fall's arrival makes us acutely aware of the passage of time...children growing older, another year's end on the horizon. And yikes, *we're* growing older, too!

But there's good news! As we age, we tend to become happier than we were in our youth and middle age.

Older people tend to be less anxious, depressed, stressed, worried, and angry.

We can increase our happiness today by emulating the wisdom of our elders.

Older age brings greater acceptance of self and others. It also brings more forgiveness, empathy, gratitude, and resilience.

Here are a couple things you can try now to increase your happiness, even if you're a youngster:

- Shift your focus more to positive information than to negative.
- *Experience* time, rather than measure it. Savor every moment. Be present to those around you.