



PETE YOUNG

MENTORING SERVICES

RETIREMENT

FIVE ACTIONS FOR GOOD HEALTH AND WELL BEING

Pete's© Learning, Observations, and Reflections. How to achieve, good health and wellbeing.

1. CONNECTING WITH PEOPLE

*Family, Friends, Service Clubs, Church Groups, Sport, Hobbies, and Walking Groups.
This can help prevent loneliness in our retirement.*

2. APPRECIATING AND LIVING IN THE MOMENT.

*What's in my control? I have no control over the future, the past or what others think, do, and say. The only control I have, is what I think do and say each moment of the day. Have an attitude of gratitude. A sense of wonder!
People, Life and Nature.*

3. GIVING AND FORGIVING.

There is more happiness to be found in giving, than receiving. Look for ways that I can share my time, resources, talents, skills and passions with others, to help make a difference in my life and their lives.

*Forgive myself for past mistakes and failures and forgive others for theirs.
Failure to do this, will be like rust; it will eat away at my good health and wellbeing.*

4. CARE OF OUR MIND, BODY, SOUL AND RELATIONSHIPS.

The person I talk to most, is myself. What I think, determines how I will feel, which decides how I will act, which ultimately has positive or negative consequences on my good health and wellbeing. Eat and drink in moderation. Find ways to nourish my soul spirit and relationships

5. EDUCATION AND LEARNING.

I am never too old to learn about myself, others, and the changing world around me.

How can I upskill on my qualifications to improve my work opportunities and good health and wellbeing