



The Art of Aging: A Prescription for Mind and Body

Catherine A. Sanderson
Amherst College



Poll Question
#1: Have you
ever heard
that older
people are
feeble and
absent-
minded?



Yes



No

What Is “Mindset”?

How you *think* about yourself and the world

- Some people are naturally good at math
- More expensive wines taste better
- Older people are feeble and absent-minded



Mindset Impacts Health

● Pain



● Sickness

● Recovery from surgery



Mindset Influences Hormones

KEEP REFRIGERATED
SHAKE WELL BEFORE DRINKING

Product of U.S.A.

INDULGENCE
Decadence you Deserve

Indulge yourself with this rich and creamy blend of all of our premium ingredients - sumptuously smooth ice cream, satin whole milk, and sweet vanilla. It is heaven in a bottle and irresistibly gratifying.

smooth, rich, and delicious!

French Vanilla 12 FL OZ (355 mL)

Nutrition Facts
Serving Size 1 bottle (12 oz)
Servings Per Container 1

| Amount Per Serving | Calories from Fat 270 | % Daily Value* |
|--------------------------------|-----------------------|----------------|
| Calories 620 | | |
| Total Fat 30g | | 45% |
| Saturated Fat 18g | | 91% |
| Cholesterol 115mg | | 39% |
| Sodium 460mg | | 19% |
| Total Carbohydrates 63g | | 21% |
| Dietary Fiber 2g | | 7% |
| Sugars 55g | | |
| Protein 31g | | |
| Vitamin A 0% | Vitamin C 4% | |
| Calcium 50% | Iron 2% | |

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

| | | |
|--------------------|-------------------|---------|
| Total Fat | Calories: 2,000 | 2,300 |
| Saturated Fat | Less than 65g | 80g |
| Cholesterol | Less than 20g | 25g |
| Sodium | Less than 300mg | 500mg |
| Total Carbohydrate | Less than 2,400mg | 2,400mg |
| Dietary Fiber | 30g | 37g |
| Sugars | 25g | 30g |

Calories per gram
Fat 9 • Carbohydrate 4 • Protein 4



KEEP REFRIGERATED
SHAKE WELL BEFORE DRINKING

Product of U.S.A.

Sensi-Shake
Guilt Free Satisfaction

0% fat
0 added sugar
140 calories!

Get sensible with the new light healthy Sensi-Shake. It has all the taste, without the guilt - no fat, no added sugar and only 140 calories! Sensi-Shake is light and tasty enough to enjoy every day.

French Vanilla 12 FL OZ (355 mL)

Nutrition Facts
Serving Size 1 bottle (12 oz)
Servings Per Container 1

| Amount Per Serving | Calories from Fat 0 | % Daily Value* |
|--------------------------------|---------------------|----------------|
| Calories 140 | | |
| Total Fat 0g | | 0% |
| Saturated Fat 0g | | 0% |
| Cholesterol 5mg | | 2% |
| Sodium 200mg | | 8% |
| Total Carbohydrates 20g | | 7% |
| Dietary Fiber 0g | | 0% |
| Sugars 20g | | |
| Protein 15g | | |
| Vitamin A 0% | Vitamin C 4% | |
| Calcium 50% | Iron 2% | |

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

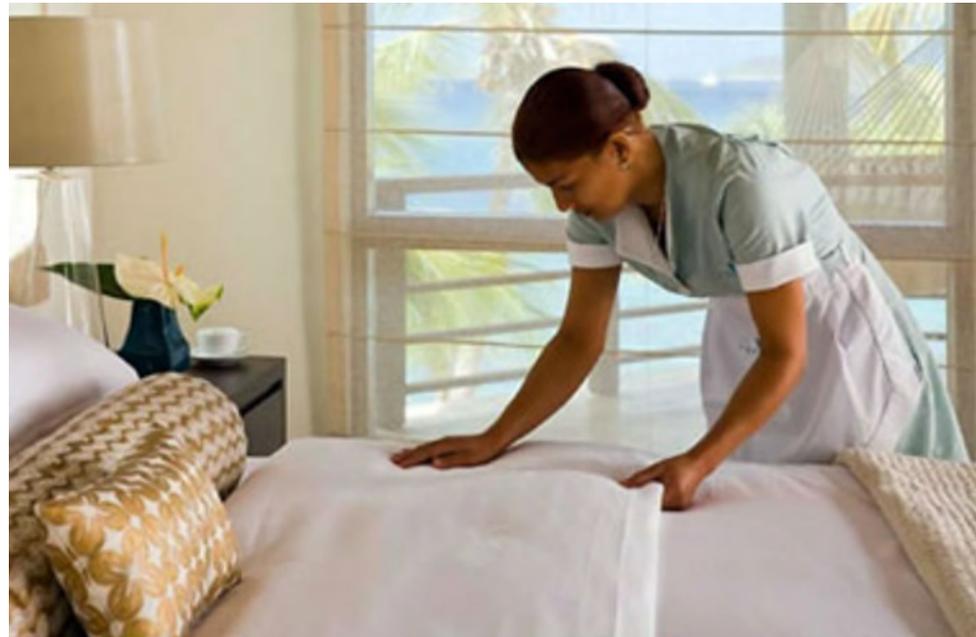
| | | |
|--------------------|-------------------|---------|
| Total Fat | Calories: 2,000 | 2,500 |
| Saturated Fat | Less than 65g | 80g |
| Cholesterol | Less than 20g | 25g |
| Sodium | Less than 2,400mg | 2,400mg |
| Total Carbohydrate | 30g | 37g |
| Dietary Fiber | 25g | 30g |

Calories per gram
Fat 9 • Carbohydrate 4 • Protein 4



Mindset Influences the Benefits of Exercise

- Weight
- Body fat
- Blood pressure

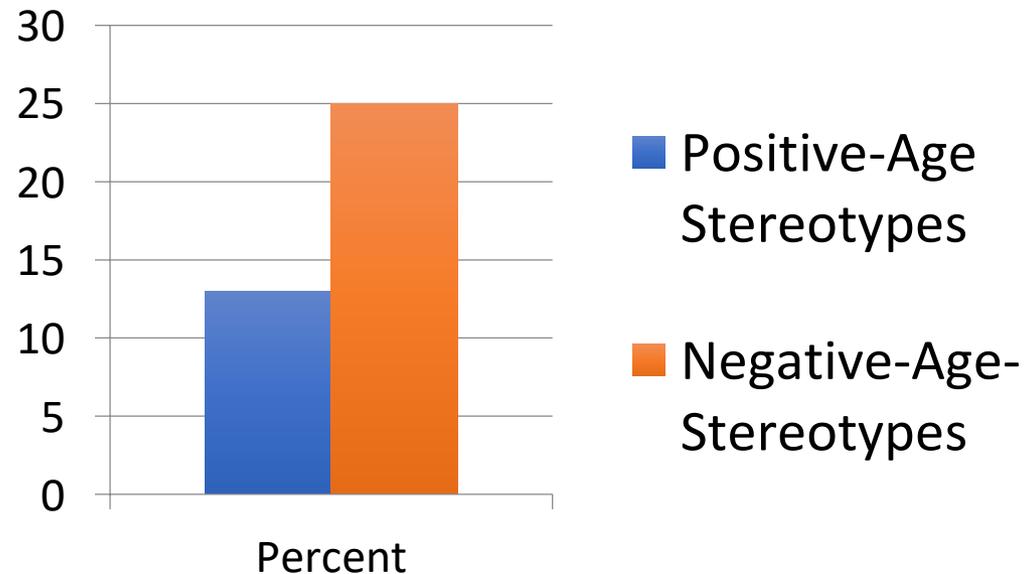


Mindset Impacts Aging

Memory

Walking Speed

Cardiovascular Problems
(stroke, heart attack,
congestive heart failure)



Mindset Impacts Longevity



Adults age 50 and older completed measures of stereotypes regarding aging:

- things keep getting worse as I get older
- as you get older, you get less useful

Researchers followed these people for 23 years

Adults with positive stereotypes lived on average **7.5 years longer** than those with negative stereotypes

Poll Question #2: Which of these findings did you find most surprising?

| | |
|------------|---|
| Telling | Telling someone their drink is high in calories reduces feelings of hunger |
| Undergoing | Undergoing “placebo surgery” can lead to less pain |
| Telling | Telling someone their work counts as exercise leads to lower blood pressure |
| Priming | Priming someone with cues of old age leads to slower walking |
| Holding | Holding positive stereotypes about aging predicts living longer |

How Does Mindset Impact Longevity?



Greater sense of personal control?



Better health habits?



Lower physiological reaction to stress?



Strategies You Can Use to Change Your Mindset (and Extend Your Life)

1. Change your stereotypes



5.29 cm

2. Exercise (and anything counts)



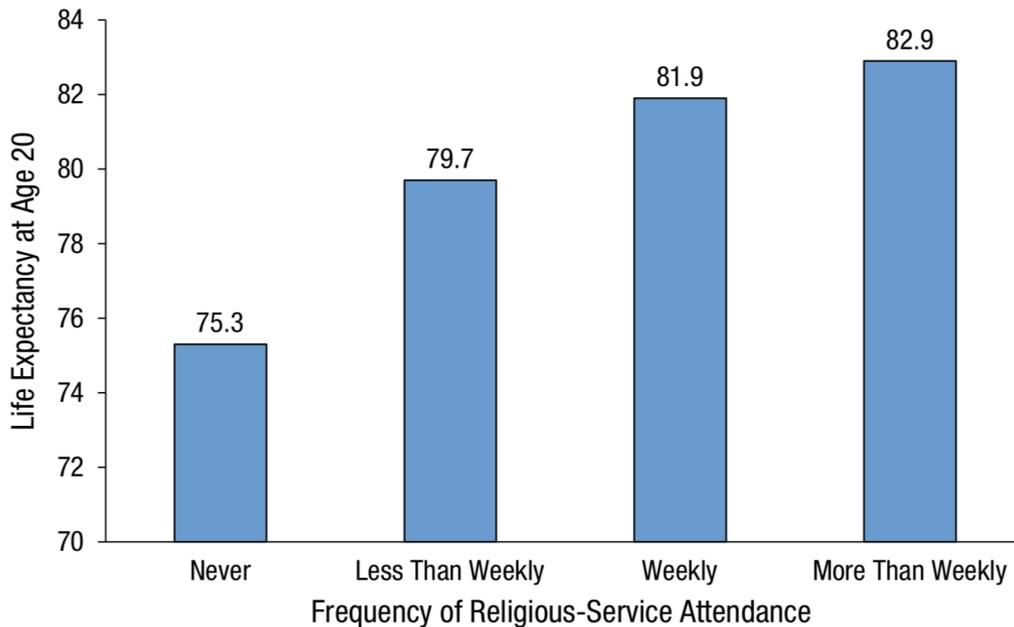
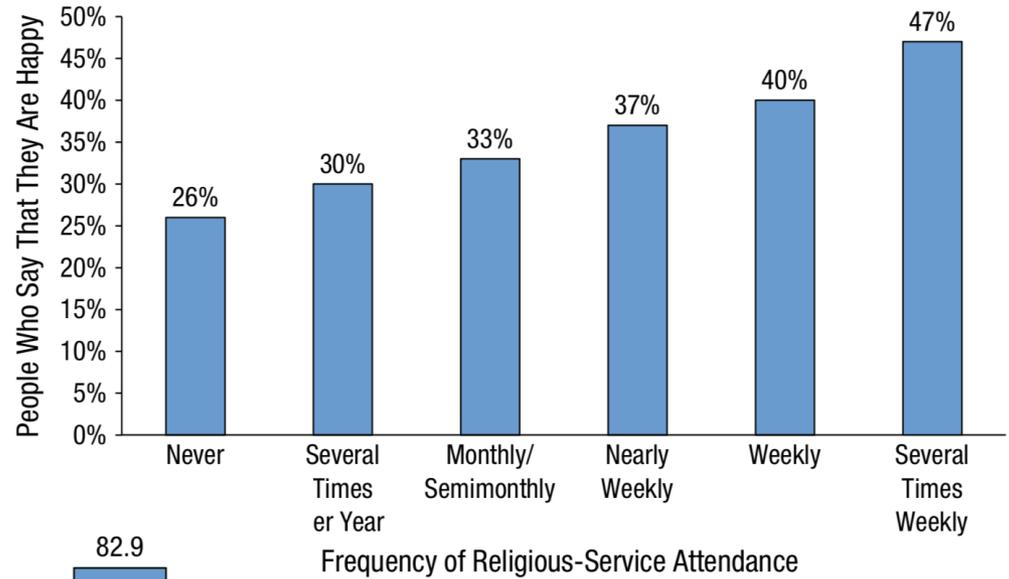


3. Meditate

4. Keep learning



5. Find Some Faith



6. Give (money or time)



Adults age 65 and older who had high blood pressure were given \$120 and told either:

- **Spend \$40 on yourself each week for 3 weeks**
- **Spend \$40 on someone else each week for 3 weeks**

People who spent money on themselves showed no change in blood pressure, but people who spent money on someone else had **decreased blood pressure** at the end of the study

And live longer ...

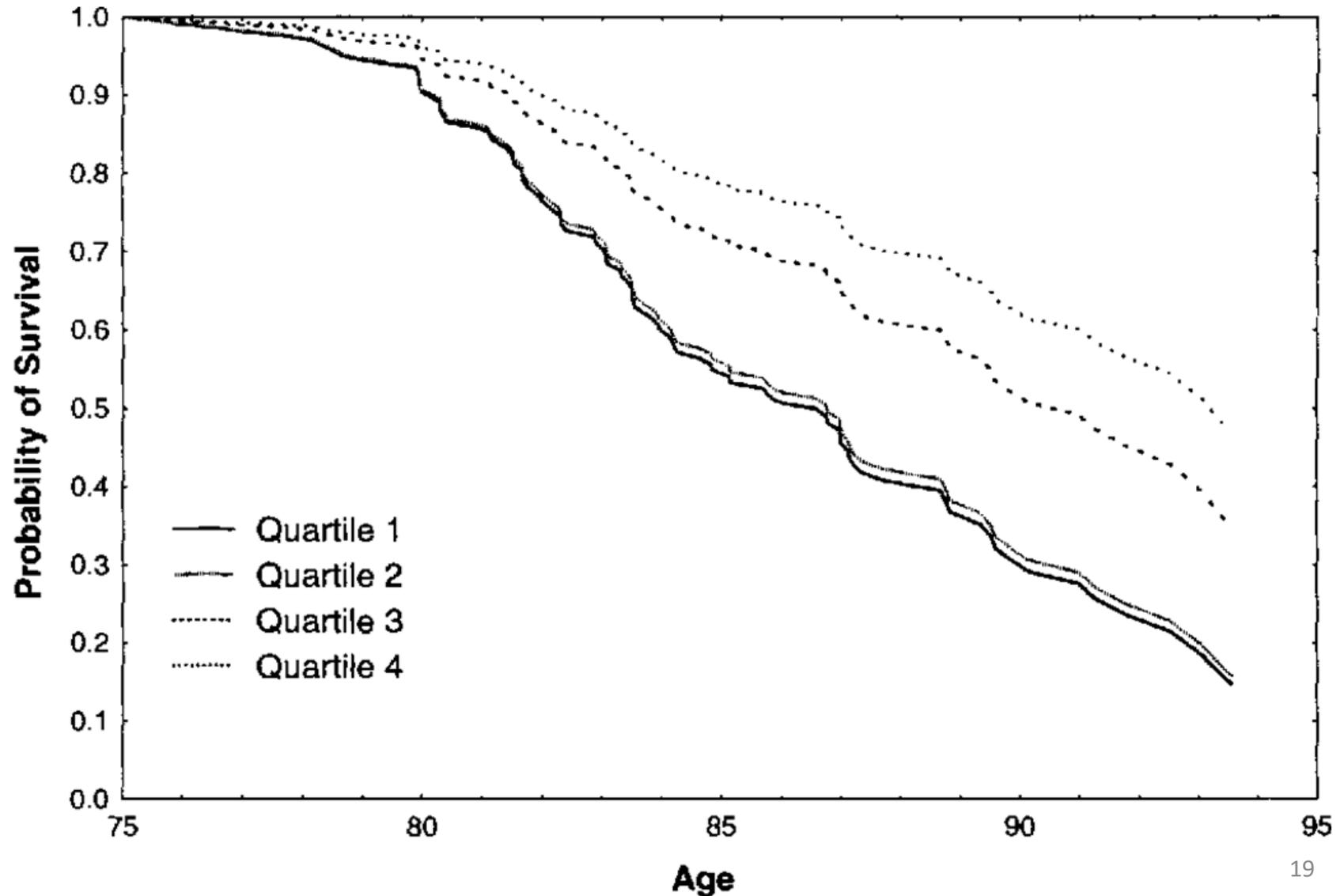
- Researchers examined rates of volunteering in older adults living in California. They then examined survival among these people five years later.
- Those who volunteered for two or more organizations were **44 percent less likely** to have died during this follow-up period than those who did not volunteer.



7. Focus on Positivity

- “I was born on September 26, 1909, the eldest of seven children, five girls and two boys . . . My candidate year was spent in the Motherhouse, teaching Chemistry and Second Year Latin at Notre Dame Institute. With God’s grace, I intend to do my best for our Order, for the spread of religion and for my personal sanctification.”
- “God started my life off well by bestowing upon me a grace of inestimable value . . . The past year which I have spent as a candidate studying at Notre Dame College has been a very happy one. Now I look forward with eager joy to receiving the Holy Habit of Our Lady and to a life of union with Love Divine.”

And live longer ...

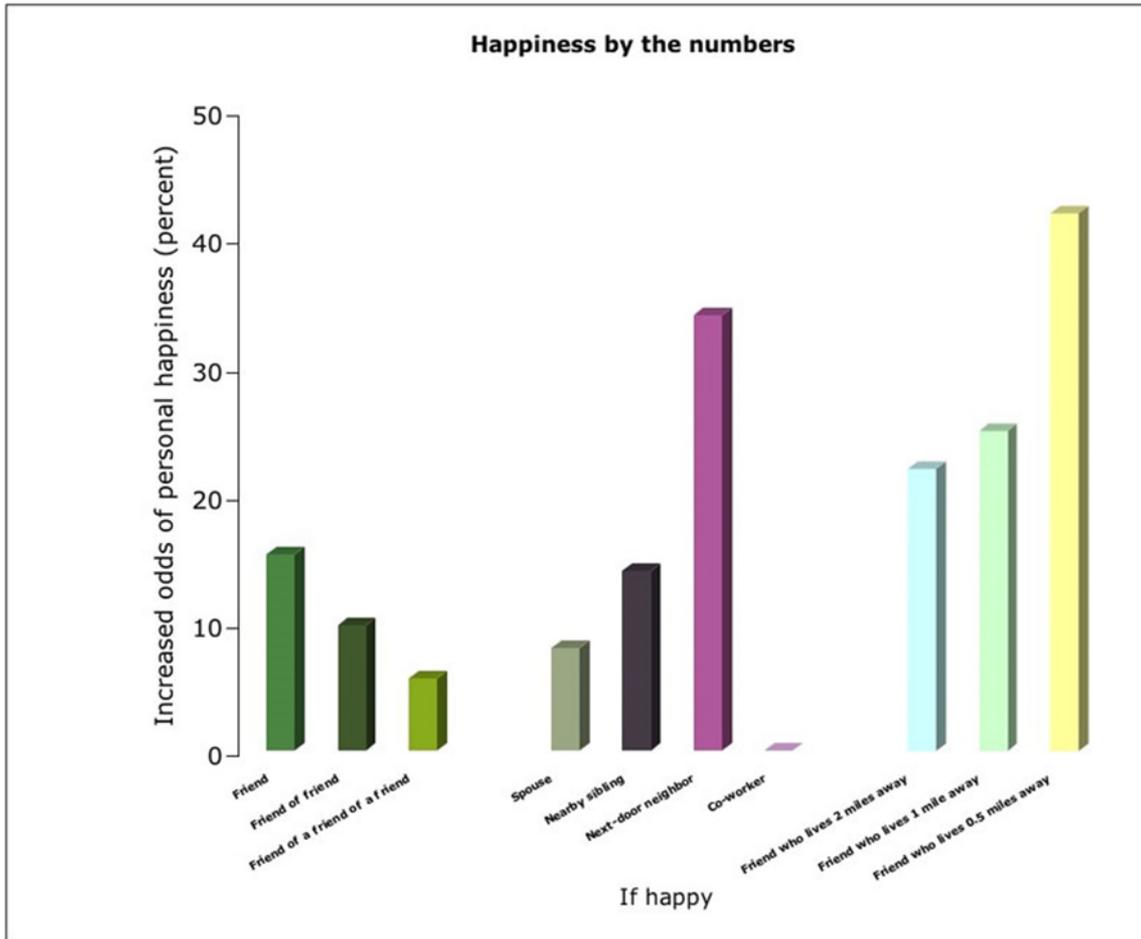




**8. Get a dog
(and stare into
its eyes).**



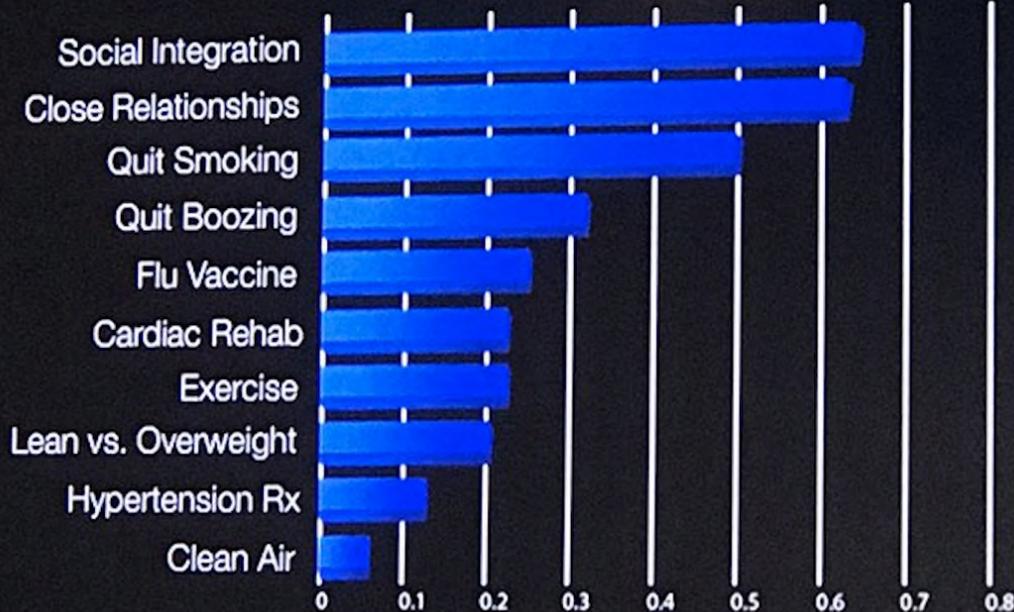
9. Spend time with positive people.



People with a happy spouse have better health – and a **13% lower rate of mortality** (over an 8-year period).

10. Build Good Relationships

Staying Alive



“We evolved to depend on social connections, so much so that if we are feeling disconnected, that places us in a physiologic stress state. That state is as dangerous to our health as smoking 15 cigarettes a day.”

By Vivek Murthy, former US Surgeon General

Poll

Question #3: Which of these strategies do you find most useful?

Change your stereotypes

Exercise (and anything counts)

Meditate

Keep learning

Find some faith

Give (time or money)

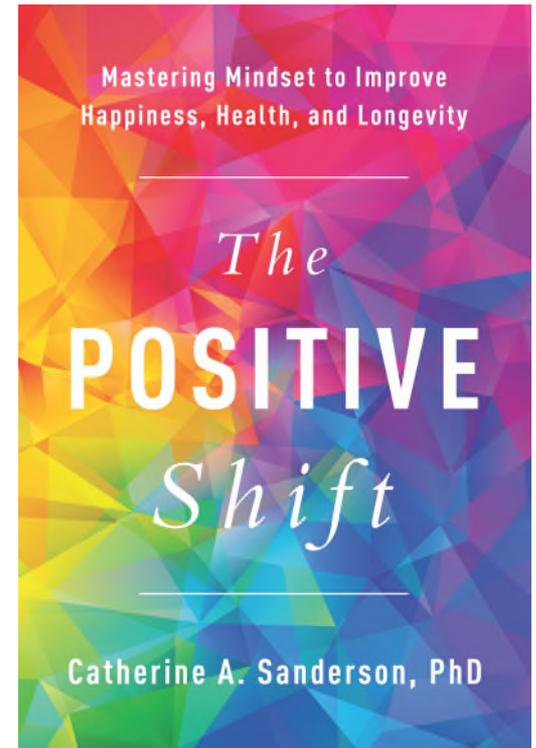
Focus on positivity

Get a dog (and stare into its eyes)

Spend time with positive people

Build good relationships

Thoughts? Questions?



casanderson@amherst.edu



[SandersonSpeaking](https://www.instagram.com/SandersonSpeaking)



[SandersonSpeaking.com](https://www.SandersonSpeaking.com)