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Studying the art to ageing well

Tips from the expert for mental well-being

1. \textbf{EQUILIBRIUM}

Learn what health issues affect balance.

2. \textbf{ABILITY TO CALM}

Calmness is key to managing mental well-being and preventing illness as we age.

3. \textbf{MENTAL STIMULATION}

With the aid of music, drawing and sculpture.

An expert shares three ways to grow old gracefully

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Senior Culture Correspondent

There are three keys to ageing well, says psychologist Dr Eric Rich.

The first is mental stimulation, or keeping the mind active.

Dr Rich says: “For many people, losing the ability to mentally engage in activities can be a significant loss. It’s important to maintain cognitive function and resilience.”

The second is physical activity, or keeping the body active.

Dr Rich says: “Physical activity is crucial for maintaining mobility and independence. It helps to reduce the risk of chronic diseases and enhances mental well-being.”

The third is social interaction, or keeping the social network active.

Dr Rich says: “Social interaction is important for maintaining mental health and promoting emotional well-being. It helps to reduce the risk of depression and anxiety.”

Engaging in a variety of activities can help to maintain mental well-being. Here are three tips from an expert on how to do it.

1. **EQUILIBRIUM**

Learn what health issues affect balance. By doing simple exercises like walking, stretching, and yoga, you can improve your balance and reduce the risk of falls. This is especially important for the elderly, as falls are a leading cause of injuries and can lead to serious injuries.

2. **ABILITY TO CALM**

Calmness is key to managing mental well-being and preventing illness as we age. Engaging in activities that promote relaxation, such as meditation, yoga, and deep breathing, can help to reduce stress and improve mental health.

3. **MENTAL STIMULATION**

With the aid of music, drawing and sculpture, you can keep your mind active and engaged. Music can help to improve mood, reduce stress, and enhance cognitive function. Drawing and sculpture can help to improve motor skills, creativity, and cognitive function.

An expert shares three ways to grow old gracefully.