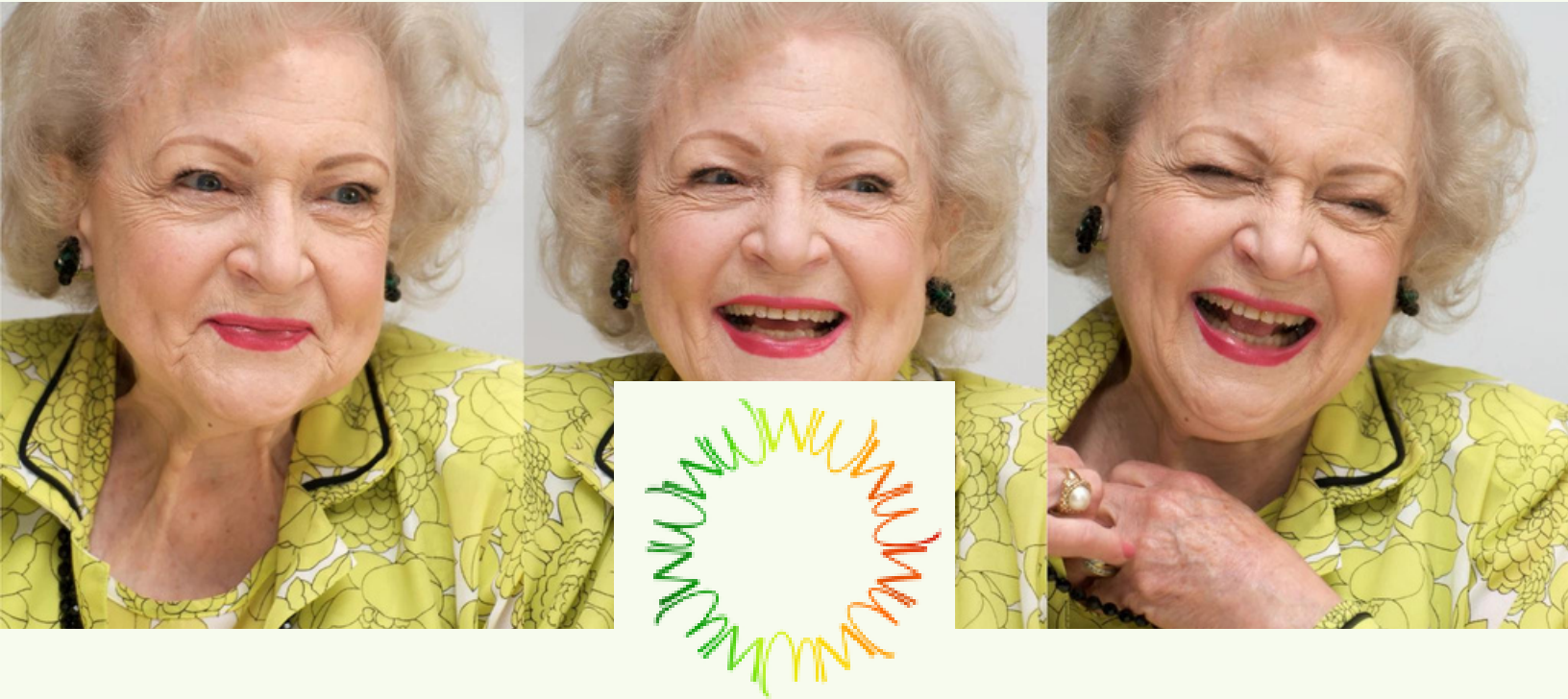


Weekly Wisdom

Grow the Green for You and Your Team



“Kindness and consideration of somebody besides yourself keeps you feeling young.” -- Betty White

Channel Your Inner Betty White

It's that time of year -- brain tips galore for happier, healthier lives! Well, here's an easy way to stay focused on the most important practices -- be like Betty, everyone's favorite Golden Girl.

Lessons from what scientists call “SuperAgers” (those “people older than 80 whose memory is as good as those 20 to 30 years younger, if not better”) can help all of us develop ways to better move through our days.

Move your body. Eat fiber-rich foods. Stay social. Try new (hard) things.

Neuroscientist, Emily Rogalski, says one Betty White behavior we might all adopt is forging strong positive social ties. For one thing, relationships require adaptability on our part. We can also benefit from practicing resilience.

Hang out with folks younger or older than you or people from different backgrounds. Ask questions. Be curious.

When something bad happens, see it as a challenge. What can you learn in this moment? Could this be a turning point?