

The Five ACTs of Healthy Active Aging

ACT 4 Social Relationships

Every great Broadway performance is a progression of precisely executed acts, each building on the previous action, and your centre stage is no exception. What are **ACTs**? To change or create a new habit we need to **ACT**:

Acknowledge the current circumstance to understand the reward, harm or expense.

Change mindset to realize the benefit of replacing old habits with healthier alternatives.

Transform by making small incremental modifications leading to major change and benefit.

The Five ACTs of Healthy Active Aging are: 1) Sleep, 2) Nutrition, 3) Exercise, 4) Social Relationships and 5) Mindfulness

In this tutorial we'll apply the **ACTion!** guidelines strategy to **ACT 4 Social Relationships**

ACT 4 Social Relationships

Acknowledge: Does your social circle support or hinder your goals to live centre stage? ___ Yes
___ No

The Harvard Study of Adult Development is the longest study of human development. Beginning in 1938 and continuing to this day, the study examined two groups who were in their teens at the start of the study. 724 men were tracked and 60 are still alive today. There were two groups, one group were Harvard students, and the other group were boys from the poorest district of Boston. It was not fame, dedication to career, or wealth that determined quality of life. The study found that good relationships are what keep us happier and healthier. People who are more connected to family and friends are happier, healthier and live longer.....and loneliness kills!

Change mindset: The quality of relationship really matters. It turns out that conflict is not only very bad for your mental health, being in a toxic relationship also dramatically affects physical health as well. Good relationships not only protect our brains, but also nourish our bodies!

So how do we use this information to determine our future? Understand the importance of relationship to your health and assess your current relationships. With whom do you want to focus your energy, and with whom do you want to limit your time? Understand that friends, family and relationships are the multi vitamins not only for your health, but also the nourishment for your soul and ultimate happiness.

Transform Quality time with positive friends and family needs to be a priority. Look to spend time with positive people who will support and encourage your vision for the future. Sharing the journey with a buddy provides fuel as you support and encourage each other through challenges and victories.

Everyone is busy so if you must schedule these valuable periods on your calendar.....do it.

Here are a few *ACTions!* To get you started:

- 1) Set aside a specific time each week to call a friend.
- 2) Join the *Live Centre Stage Facebook Group* to connect with positive people supporting each other on the journey to better health and happier future.
- 3) What are you passionate about? What do you love to do to be creative? Search out, join, or even form a group that shares that passion and set regular times each week to get together.

ACTION! Centre Stage Finale

A great play, script or movie must have precise pacing and it can't be hurried. It takes time to develop the characters and plot and establish the hero. Your journey to better health and happiness is the same. Celebrate consistent, small, incremental changes to your routine and habits, becoming healthier and happier with each victory. Remember, *"It's never too late to improve your health and live your passion!"*

We hope you find this ***ACTION! Centre Stage*** component rewarding and successful.

If you'd like to chat about any of our personalized coaching programs, you can book a free private consultation [HERE](#)

For more tips, coaching support and programs check out the following links:

Live Centre Stage website: <https://LiveCentreStage.com>

Live Centre Stage Facebook Group: <https://www.facebook.com/groups/livecentrestage>

Live Centre Stage YouTube Channel: <https://www.youtube.com/@livecentrestage>

Live Centre Stage Programs: <https://LiveCentreStage.com/programs>