

Ageing Well Public Talk Series 2023/24

Talk 7. Life thriving, not just surviving

Marina Postlethwaite Bowler-Staff Tutor ECYS A/L Sport and Fitness

Slide 1: Ageing Well Public Talks

Slide 2: Talk 7. Life; thriving not just surviving - Marina Postlethwaite Bowler, Staff Tutor ECYS A/L Sport and Fitness

Slide 3: Kaya Kalpa-Ayurvedic anti-ageing

- Ageing doesn't have to happen the way Western society tells us it has to.
- "Ageing and disease is only the truth and reality of those who don't act to prevent it."
Ayurvedic thinking
- Marina Postlethwaite Bowler-Staff Tutor ECYS A/L Sport and Fitness

Slide 4:

- Taking care of yourself as you embark on your life's journey is essential!
- Self-care is not selfish it is a necessity. REPEAT!
- This session will offer some practical ideas and thoughts to ensure optimum performance for your health and wellbeing

Slide 5:

- The practices of Kaya Kalpa were designed to support and promote a core set of qualities that all humans aspire to;
- Kaya Kalpa is a form of traditional rejuvenation practice originating in South India. that concerns itself with the physiological rejuvenation of the body. Kaya translates from the Sanskrit as "body" and Kalpa as "transformation" – thus Kaya Kalpa is about transformation
- Radiant health –physiologically and psychologically
- Youthfulness – inside and out
- Vitality –increased energy
- Joy and happiness –not all the time but most of the time
- Enthusiasm – zest for life-excitement
- Beauty –seeing the beauty of you and the world around you
- Energy – we are all energetic beings

Slide 6:

- Kaya Kalpa asserts is that we should ALL be enjoying a much longer life span with much higher levels of health:
- Imagine the implications of this. The average life expectancy in Europe is around 78 years, the last 3 years of which are typically in failing health.
- So, in the current model, when we hit our 70th birthday, on average we only have another 5 years of good health in which to enjoy all of the wonders of this world and all the people and things in it that we love.
- But consider the same situation from a Kaya Kalpic perspective. You reach your 70th birthday, enjoying robust health and vitality, and genuinely expect another 30 YEARS of doing so.
- This adds a whole new dimension to life.

Slide 7:

- “An empty lantern provides no light.
- Self-care is the fuel that allows your light to shine brightly”
- Ahimsa- the total avoidance of harming any living creature by deeds, words, and thoughts. (including yourself)

Slide 8:

- Focus on your biggest “win” so far this week.
- It is okay to let go of anything that no longer serves you.
- The Value and Importance of Silence, Solitude and Contemplation in Kaya Kalpa

Slide 9: Routine

- We all have aspects in our life that impact on our wellbeing both physiologically and psychologically.
- What we must ALL have is strategies/tools in our “tool kit“ to ensure we look after our mental and physical well-being
- Having a routine can help with this –by being organized and feeling “in control” of our day
- Healthy routines- e.g. around eating, rest, and exercise
- Schedule regular breaks
- <https://www.headspace.com/articles/the-secret-benefit-of-routines-it-wont-surprise-you>

Slide 10: 5 Tips on How to Achieve Eudaimonia

- Eudaimonic happiness comes from the pursuit of authenticity, meaning, virtue, and growth
- Know your 'life goals' ...
- Focus your capabilities and skills towards achieving those goals. ...
- Developing your best potential. ...
- Get engaged in these activities. ...
- Express yourself.
- We can modify our lifestyle to feel and be healthier

- <https://positivepsychology.com/hedonic-vs-eudaimonic-wellbeing/#hero-single>

Slide 11: Optimising health-some ideas

- Stimulating “autophagy”- Autophagy allows your body to break down and reuse old cell parts so your cells can operate more efficiently. It's a natural cleaning out process that begins when your cells are stressed or deprived of nutrients. Researchers are studying autophagy's role in potentially preventing and fighting disease. Fasting can help to stimulate autophagy
- Gut -Brain connection Our gut is the second brain (microbiome /producing serotonin/dopamine
- Chronological vs biological age- Inflammaging as the root cause of aging and disease-
- Detoxification-Eliminate toxicity
- Living Through the Eyes of a Child in our Quest to Become Young Again - the innate qualities of childhood.
- <https://www.webmd.com/healthy-aging/how-to-reduce-inflammation-as-you-age>

Slide 12: Diet and Nutrition

- The bedrock of health- Foods to support youthful appearance from the inside out
- The 6 tastes of Ayurveda (Rasas)
- Sweet, Sour, Astringent. Salty, Bitter, Pungent
- Ideally, these tastes should be added to your daily diet to leave you feeling complete, maximise nutrient absorption and assimilation and promote good digestion.
- Grounding foods
- Energising foods
- Cooling foods
- Nutritional breadth
- Subtle changes can make all the difference

Slide 13: Ideas.....

- This slide contains a picture with text that reads “When diet is incorrect, medicine is of no use. When diet is correct, medicine is of no need.” Charaka (the founding father of Ayurveda)
- Herbal teas
- Ojas foods –
- Ashwagandha capsules
- Triphala capsules
- Amla Juice: This is best used and consumed in juice form
- Turmeric Juice: Turmeric is also a vital herb in Kaya Kalpa and you may wish to simply use a good quality turmeric powder
- “What, for me as a unique individual, is the healthiest way of eating, and how can I adopt this way of eating in a simple, enjoyable, and effortless way?”

Slide 14:

- USE IT OR LOSE IT - in other words, both cognitive and physical stimulation while ageing, help to preserve cognitive and physical functions we don't want to lose.
- Ageing starts the moment we are born – not when 65+
- Optimise physical and mental health
- Rest and Digest –the importance of sleep and rest
- Suppress the seeds of disease
- Promote longevity
- Delivery of full spectrum nutrition into our cells –on the physical plane- plus consider your emotional health
- 80% of our serotonin and dopamine are produced in the gut! -gut health
- Not one size fits all!

Slide 15: Positive affirmations

- I am in charge of my mind
- I am strong in mind body and spirit
- I choose to be happy right now
- I am grateful for all that I have
- I feel joy
- I am led by my dreams
- I am capable I am kind I am beautiful I am loved

Slide 16: Breathing Techniques

- A little pressure can boost performance, but too much can lead to burnout- when your attention is compromised, mistakes are made. (**VAGUS NERVE** activates parasympathetic nervous system)
- Handy relaxation techniques to tackle stress.
 - In stressful situations, your breathing may become short, and your heart starts to race. This is your body's "fight-or-flight" response.
 - Shallow breathing could be stressing you out.
- Progressive Muscular Relaxation. Starting at the top of your head and moving down your body, tense each muscle group for five seconds. Then, breathe out slowly as you release your muscles and relax.
- Deep breathing pulls more air into your lungs, reducing your blood pressure and heart rate. So, take a deep breath in through your nose, feel your lower belly expand as your diaphragm moves, and then breathe out slowly through your mouth.
- Centering technique to rebalance and focus. Imagine all that negative energy is gathering at your center, just below your waist. Now picture yourself thrusting it away from you and focus on the calm and quiet that's left behind.
 - Relaxation takes time and practice. Be patient and try different combinations of these techniques to find what works best for you.

Slide 17: Movement / Exercise

- I invite you to move gently in any way that feels good for you
- I will offer some gentle stretches and ideas to move
- Please feel free to keep your cameras on or off
- Remember I cannot see you so listen to your bodies-
- DO NOT do anything that causes you pain or discomfort in any way.

Slide 18: Create a peaceful work/ study sanctuary

- Find somewhere you can create your place to work/study
- A place where you can have everything to hand that you need –that won't be disturbed
- A place where you can concentrate
- Get outside in nature as much as you possibly can!

Slide 19:

- OM SO HUM –
- I am the universe, I am part of it, and I am connected to that Infinite source.
- It's not just a mantra that we should understand, it's a technique and just chanting "Om So Hum, Om So Hum" for 10-15 mins daily can relax the breathing and balance our inner energy flow.
- <https://www.youtube.com/watch?v=ipSBWztUy1o>

Slide 20:

- "Today you are You that is truer than true. There is no one alive who is Youer than You." - Dr Seuss
- Access the dynamic nature of our ever-changing bodies.

Slide 21: Questions

Slide 22: References

- Joannidi H, Araya Y, Broad E & Vseteckova J (2022)
- [Sense of self during aging: how mindfulness and nature can help](#)
- Araya Y, Broad E, Vseteckova J (2023) [Ageing well by connecting and learning about nature outdoors](#)
- <https://www.youtube.com/c/mindbodymedical>
- <https://www.sciencedirect.com/journal/journal-of-ayurveda-and-integrative-medicine>
- <https://www.mind-body-medical.co.uk/news/high-ojas-recipes>
- <https://thatsugarmovement.com/>

Slide 23:

- "The divine in me bows to the divine in you."
- Thank you for joining me

- Namaste

Slide 24:

- Ageing Well series of Public Talks
- “Being mindful of eating well, hydration, physical activity, learning new things and social connections can delay the decline caused by ageing. Come and join us for the series of public talks with the title Ageing Well”

Slide 25: Summary of related resources to The Ageing Well Public Talk Series

- Podcasts
- Vseteckova J & King J (2020) COVID-19 Interview podcast for The Retirement Café: [‘Ageing Well Under Lockdown’](#)
- Vseteckova J & Broad E (2020) Podcast – Open University & The Parks Trust [Keep Me Walking - researching with people living with dementia and their carers](#) –
- Vseteckova J (2020) Podcast - [Areas of research with The Open University](#)
- Broad E, Methley A & Vseteckova J (2021) Podcast OU & The Parks Trust & Northamptonshire Healthcare NHS Foundation Trust - [Spotter sheet and mindful walking.](#)
- Vseteckova J, Methley A, Broad E (2021) Podcast OU & The Parks Trust & Northamptonshire Healthcare NHS Foundation Trust [Preventing brain decline while ageing](#)

Slide 26:

- Methley A, Broad E, Vseteckova J (2021) Podcast OU & The Parks Trust & Northamptonshire Healthcare NHS Foundation Trust [Walking therapy](#)
- Vseteckova J, Methley A, Broad (2021) Podcast OU & The Parks Trust & Northamptonshire Healthcare NHS Foundation Trust [Understanding our memory](#)
- Araya Y, Broad E, Vseteckova J (2022) [Engaging with our environment](#)
- Joannidi H, Araya Y, Broad E & Vseteckova J (2022) [Sense of self during aging: how mindfulness and nature can help](#)
- The above podcasts can be also seen on [The Parks Trust YouTube Channel](#)

Slide 27:

- Vseteckova J (2020) [Ageing Well Public Talks Series](#)
- Vseteckova J (2019) [5 reasons why exercising outdoors is great for people who have dementia](#)
- Vseteckova J (2019) [Depression, mood and exercise](#)
- Vseteckova J (2019) [Five Pillars for Ageing Well](#)
- Vseteckova J (2020) [Ageing Brain](#)

Slide 28:

- Vseteckova J (2022) [Pharmacotherapy while ageing](#)
- Joannidi H, Araya Y, Broad E & Vseteckova J (2022) [Sense of Self during ageing – how mindfulness and nature can help](#)

- Mehta S (2022) [_ Medicines and personalisation while ageing](#)
- Gale B (2022) [How can we prepare for death while ageing?](#)
- Gale B (2022) [Valuing death at home: making preparations](#)

Slide 29:

- Methley A & Vseteckova J & Jones K (2020) [Green & Blue & Outdoor spaces](#)
- Vseteckova J, Borgstrom E, Whitehouse A, Kent A, Hart A (2021) [Advance Care Planning \(ACP\)](#)
- Vseteckova J (2020) [Walking the Parks with The OU and The Parks Trust](#)
- Vseteckova J, Methley A, Broad E (2021) [Understanding our memory](#)
- Araya Y, Broad E, Vseteckova J (2022) [Engaging with our environment](#)

Slide 30: Care and caring related

- Vseteckova J, (2020) [How to age well, while self-isolating](#)
- Vseteckova J, (2020) [SHORT FILM - Ageing Well in Self-Isolation](#)
- Vseteckova J, (2020) [ANIMATION - Keeping healthy in Self-Isolation](#)
- Vseteckova J et al (2020)
- [COVID-19 The effects of self-isolation and lack of physical activity on carers](#)
- Taverner P, Larkin M, Vseteckova J, et al. (2020) [Supporting adult carers during COVID-19 pandemic](#)

Slide 31:

- Robb M, Penson M, Vseteckova J, et al. (2020) [Young carers, COVID-19 and physical activity](#)
- Penson M, Vseteckova J et al. (2020) [Older Carers, COVID-19 and Physical Activity](#)
- Vseteckova J & Methley A (2020) [Acceptance Commitment Therapy \(ACT\) to help carers in challenging COVID-19 times](#)

Slide 32:

- **AGEING WELL PUBLIC TALK SERIES WEBSITE**
- [Ageing Well Public Talks' Series 2023/2024](#) repository on ORDO Collections
- ['Ageing Well Public Talks' Series 2022/2023](#) repository on ORDO Collections
- ['Ageing Well Public Talks' Series 2021/2022](#) repository on ORDO Collections
- ['Ageing Well Public Talks' Series 2020/2021](#) repository on ORDO Collections
- ['Ageing Well Public Talks' Series 2019/2020](#) repository on ORDO Collections
- [Midlife MOT OpenLearn Course](#)
- OpenLearnCreate Course on ['Ageing Well' 2019/2020](#)
- [Home exercise no equipment – no problem](#) Blog