

Longevity paper

Psychology



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Longevity paper After taking the quiz, my predicted longevity was 91 years; however, by consciously taking charge of different aspects of my life, I might live until the ripe age of 98. Lifestyle habits, medical care, nutrition and genetics encapsulate various factors that contributed to my longevity.

Discussed below are these factors, and possible changes likely to increase longevity.

Health researchers agree that adopting appropriate lifestyle habits contributes to lengthening of an individual's lifespan. Lifestyle habits encompass sleeping habits, coping mechanisms, drug and substance intake, and duration of exposure to the sun. Sleep is crucial for all animate objects because it enables systems within living organisms to recuperate or relax. Inadequate sleep caused by insomnia (inability to sleep) or interrupted sleep patterns decreases optimum functioning in individuals predisposing them to fluctuating moods likely to interfere with their social interactions. Currently, I am able to get six to seven hours of uninterrupted sleep on most days. On days that I am unable to sleep, I listen to relaxing music until I fall asleep. It is also important to develop appropriate coping mechanisms, which help deal with daily stressors. Psychologists posit that stress is inevitable; therefore, it is pivotal for individuals to learn coping mechanisms. I carve out thirty minutes each day to reflect on the day's events. Research suggests avoiding the suppression of undesirable emotions and confronting problems directly as possible coping mechanisms for dealing with stressful circumstances. Finally, avoiding excessive use of drugs (alcohol, cigarettes, and marijuana) and other substances such as caffeine (tea and coffee) helps to increase a person's lifespan. Currently, my use of drugs and other substances is minimal.

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“ You are what you eat”, is a popular saying that highlights the importance of nutrition in influencing longevity. Eating a well-balanced diet entails abandoning excessive consumption of fast foods in favor of organic products free of any chemicals. For example, dairy products are highly nutritious containing high amounts of calcium that helps to strengthen bone density preventing the development of osteoporosis later in life. I do find it hard to stay clear from fast foods due to my erratic schedule whereby, I have very little time to prepare healthy, well-cooked meals. I am aware that if I manage my time better this will cease to be a problem. However, because of my current dietary intake, I strictly adhere to my exercise regimen. Physical exercise helps to lower cholesterol levels in the body by burning excessive fat, which releases energy needed to sustain an individual while engaged in vigorous physical activities.

Preempting medical complications via accessing medical check-ups frequently increases longevity. Technological advancements revolutionized the prevention of diseases. Genetic screening performed as early as within the uterine environment enables early detection of physiological complications. In addition, cautiously reviewing of family histories enlightens individuals about possible inherited medical complications, which is confirmed through genetic screening. The increasing prevalence of lifestyle diseases such as coronary diseases, cancer, and diabetes necessitates the adoption of skills customized to detect abnormalities outside the hospital environment. I check my blood pressure and perform breast self-examinations often, as a way of taking charge over my health.

In conclusion, it is important for individuals to play an active role in safeguarding their health. Regular medical checkups, adopting appropriate

lifestyle habits and watching one's nutritional intake all help to increase an individual's lifespan.

Work Cited

Sarafino, Edward P. and Timothy W. Smith. Health Psychology: Biopsychosocial Interaction. New York: Wiley, 2010. Print.