

Lifestyle Matters Newsletter

Summer 2023

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The Wealth Solution Partners team would like to take the opportunity to wish you and your family a **Merry Christmas** and a **Happy New Year** with good health, happiness and prosperity. Thankyou for your ongoing support, we look forward to assisting you in 2024.

Make 2024 your best year yet, we share some secrets to a longer life

Prioritize your happiness and enjoy your life, you only have the one. Feeling happy can significantly increase your longevity. Enjoyment and pleasure are terms often used interchangeably, but they are not the same. Pleasure happens to you; enjoyment is something that you create through your own effort, it's up to you.

Make Friends : Here's another reason to be grateful for your friends, they might help you live longer. Studies show a clear link between strong social ties and a longer life. So make the time to keep in touch with friends and your wider community. Try using volunteering together as catchup time with mates, as others benefit and so will you.

Keep Moving : The evidence is clear, people who exercise live longer on average than those who don't. Regular physical activity lowers your chances of getting heart disease, stroke, diabetes, some forms of cancer, and depression. It can even help you stay mentally sharp into old age, what benefits your body also benefits your brain so use it or lose it.

Manage Stress : Some stress is good, but distress is not, so we need to learn ways to manage it. Yoga, meditation and deep breathing exercises are a popular method for destressing and finding balance. Even a few minutes a day can make a difference. Count your blessings daily and practising gratitude are ways to boost positive thoughts and endorphins also helping to reduce stress and anxiety.

Play to Win : An 80-year study found people who are conscientious, meaning they pay attention to detail and think things through, and try to do what's right - live longer. They do more for their health and make choices that lead to stronger relationships and better careers.

Get Spiritual : People who attend religious services tend to live longer than those who don't. In a 12-year study of people over age 65, those who went more than once a week had higher levels of a key immune system protein than their peers who didn't. The strong social network that develops among people who worship together may boost your health.

Forgive : Letting go of grudges has surprising physical health benefits. Chronic anger is linked to heart disease, stroke, decreased lung health, and other problems. Forgiveness will reduce anxiety, lower blood pressure, and help you breathe more easily. The rewards tend to go up as you get older.

Keep a Sense of Purpose : Hobbies and activities that have meaning for you may lengthen your life. Japanese researchers found men with a strong sense of purpose were less likely to die from stroke, heart disease, or other causes over a 13-year period than those who were less sure of themselves. Being clear about what you're doing and why can also lower your chances of getting Alzheimer's disease.



What's happening around the WSP office:



Winners are grinner

Trevor was once again triumphant in his recent win of the Australian Croquet Associations presidents, second eight national title. Trevor is ranked 15 in Australia and 70 in the world, congratulations and good luck for a successful 2024.

Girgarre Football Club Awards

Congratulations Courtney on being recognised at the Girgarre Football Netball Club awards. Filling the the roles of both Secretary and Treasurer received the Presidents award she is described as a wonder woman, always cool under pressure, always sporting a smile!



Christmas Office Hours

Our office will be closed from
12pm Friday 22 December 2023
and reopening at
8.30am Tuesday 2 January 2024.



What do snowmen eat for breakfast?
Snow flakes of course.

Which of Santa's reindeer has bad manners?
Rude-olph!

What falls but never gets hurt?
Snow

How do you know Santa is a man?
No woman is going to wear the same outfit year after year.

HO HO HO



Words of Wisdom

If you want to live a happy life, tie it to a goal, not to people or things.

Happiness is a direction, not a destination.

Einstein

If you want the rainbow, you got to put up with rain.

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