

The Tip #6

Don't dwell on the future before you deliver the present.

The Tale #6

When I read many years ago, the literature from the Ralf and Kathy Kelly Foundation, the emphasis was on staying kind, rather than being kind. The idea being that we get out of bed and do one act of kindness - and if each Australian were to do this, it would translate into millions of acts of kindness each day. And global research has shown that demonstrating empathy and respect is conditional upon enacting kindness. Can there be further benefits to practicing random acts of unconditional kindness? This is question that became the focus of science writer Marta Zaraska's research.

'From the day her daughter was born, science journalist Marta Zaraska fretted about what she and her family were eating. She fasted, considered adopting the keto diet, and ran a half-marathon. She bought goji berries and chia seeds and ate organic food. But then her research brought her to read countless scientific papers and to interview dozens of experts in various fields of study, including molecular biochemistry, epidemiology and neuroscience. What Marta discovered shattered her long-held beliefs about aging and longevity. A strong support network of family and friends, she learned, lowers mortality risk by about 45 percent, while exercise only lowers it by about 23 percent. Volunteering your free time lowers it by 22 percent or so, while certain health fads like turmeric haven't been shown to help at all. These revelations led Marta Zaraska to a simple conclusion: In addition to healthy nutrition and physical activity, deepening friendships, practicing empathy and contemplating your purpose in life can improve your lifespan'. (Penguin Random House)

Zaraska has done extensive research on what matters to us in terms of longevity. Her book; **'Growing Young - how friendship, optimism and kindness can help you live to one hundred'** is based on years of deep research into the ingredients for a quality of life. (An interesting interview with Zaraska can be found on ABC's 'All in the Mind' 26 July).

Living with COVID, and the isolation that gave rise to, made us more aware than ever of the importance of connection with empathy - and kindness being at the core of this. *Kindness, empathy, purpose and connection* are regarded more as the 'soft drivers' of longevity even though they appear to have the greatest impact on quality of life. Our obsessional focus on diets, diet fads, exercise and exercise fads it is argued, diverts us from the true ways in which our lives can be enriched whilst living longer. Connection to family and to our communities eliminates the sense of loneliness that many people experience, and loneliness also has deleterious impacts on one's longevity. It can raise blood pressure and shorten telomeres.

In her book, Zaraska summarises how deepening friendships, practicing kindness and contemplating your purpose in life can increase your life span.

Note the importance of all three - **Kindness; Deepening Friendships; Finding Meaning and Purpose**. The Japanese call it 'ikigai' - the age-old Japanese ideology that's long been associated with the nation's long-life expectancy and the antitheses of short-sighted resolutions. A combination of the Japanese words 'iki' - which translates to "life," and "gai" - which is used to describe value or worth, ikigai is all about finding joy in life through purpose. In other words, your ikigai is what gets you up every morning and keeps you going - yes - even as a leader you need your ikigai.



(Japantoday.com)

Have you lost your Ikigai? Did you even find it? Coaching/Mentoring (Moaching) can help.
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