

JANUARY
2022

MORE YEARS, MORE LIFE



“TAKING CARE OF OURSELVES TO LIVE AND TO BE BETTER”



TAKE CARE OF OUR BODY

MENTAL WELLNESS

Being healthy is not just not being sick. Being healthy is making the most of our physical and mental abilities, enjoying what surrounds us and, in short, being happy while maintaining a good quality of life. (WHO)



Mental health is an integral and essential component of health. The "World Health Organization" WHO says: « Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity" An important consequence of this definition is that it considers mental health to be more than just the absence of mental disorders or disabilities.

Mental health is a state of well-being in which a person fulfills their abilities and is able to cope with the normal stresses of life, work productively and contribute to their community. In this positive sense, mental health is the foundation of individual well-being and the effective functioning of the community.

Taking care of health means building health. It is about doing what is needed to be done to make our years healthy, convinced that we are building our health up all through the years of our lives, by the decisions, conscious at times, that we make as essential part of our lives.

If we want to have a high level of health, we have to become the protagonists of our lives, of our health. Health or illness is not due to someone, or to a person outside of us. Health is built Health is built by each person with each decision and these decisions are essential in health care. It is very important we recover the role of protagonists of our lives and not of victims.

Many people permanently revolve around considering themselves victims of everything that happens, instead of taking on the role of protagonists

protagonists of their health. If they become protagonists, surely, they will have years of healthy life.

What are the decisions that seek years of healthy life until the last second of life?

We have seen it in people who were healthy all their lives because they made healthy decisions, such as:

Diet: We are what we eat. This decision is essential in life, to eat everything that nature offers us. Mindful eating is to eat slowly, chew thoroughly, notice smells and flavors and enjoy what we eat. Sometimes the act of eating is ignored and we simply go on swallow-ing food.

Daily exercise: We only need 30-40 minutes a day in our lives to be happy by exercising and improving our immune system. Exercising prepares us to fight any form of threat to our body.

The Life purpose: What meaning we give to our existence, is the heartbeat that impels us to get up every morning, to fulfil objectives and goals. A person who knows where is go-ing, knows how to make healthy decisions.

Positive relationships: To be positive, creative persons. To encourage, welcome, at times in silence perhaps the negative people, those for whom everything is bad, who see eve-rything as a problem. These people end up generating stress, tension, anxiety, which are the main enemies of the immune system. How to help them not to be like that, to see the positive side of things?

Meditation: Set aside moments for meditation, relaxation, stillness, breathing and being silent; this is a fundamental decision in the midst of working days and daily life.

Enough sleep: Devoting enough hours to sleep is not losing life, it's gaining it.

Remove all harmful habits: Smoking, being addicted to medications, liquor, are unhealthy lifestyle habits, which are inviting sickness over time.

These decisions are fundamental in health care, they consist of giving us time, of going slower through life. Consumerism, for example, does not give health. On the contrary, it gives worry, haste, speed up in life and we need to give ourselves quality time to balance the mind, the body, the heart.

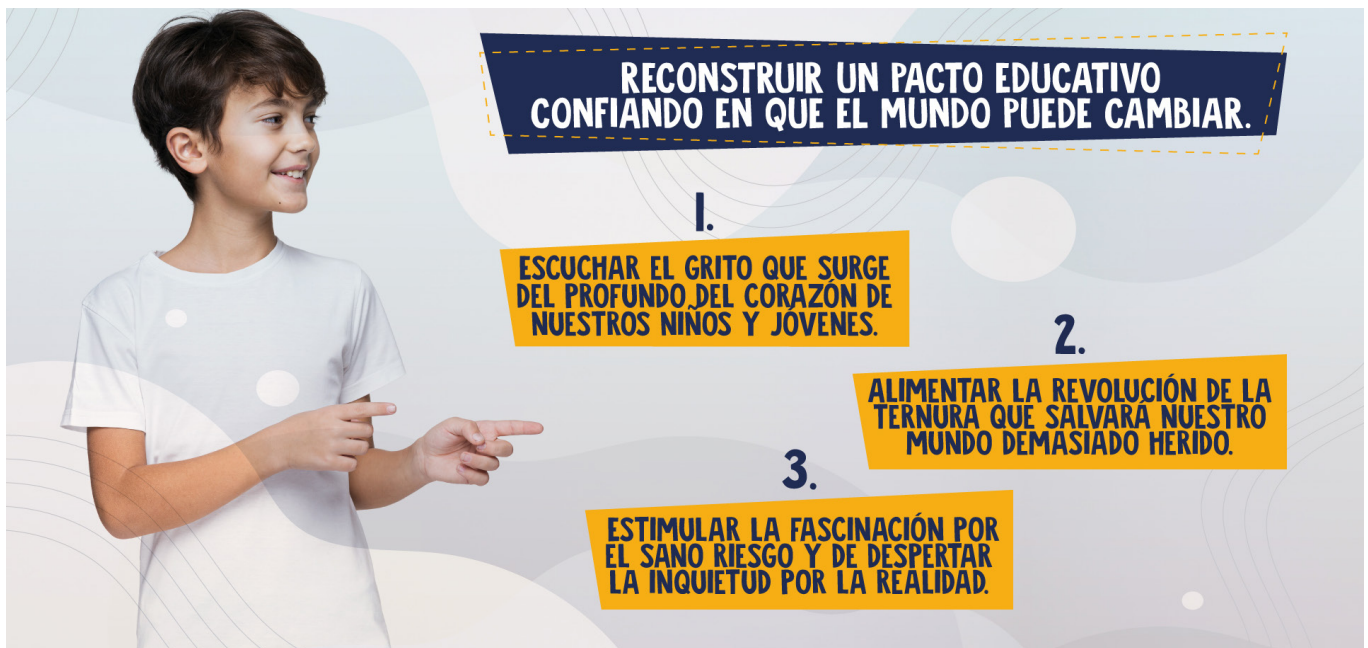
<https://www.youtube.com/watch?v=G0zJGDokyWQ>

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TAKE CARE OF THE ENVIROMENT

Taking care of the environment is also taking care of our health. It's nature time. The food we eat, the air we breathe, the water we drink, and the climate around us make it possible for us to live. Our health depends on these elements and in this current moment of pandemic, protecting the environment is very important, because protecting the planet is synonymous with protecting our health. Today more than ever, it is vital to take care of both things to overcome Covid-19 and have a more sustainable world.



The World Health Organization (WHO) estimates that one in four diseases in the world can be related to environmental factors, being different in each region of the planet.

The human being has developed capacities to coexist and adapt to the environment. However, the problem arises when, due to changes in the environment, these phenomena become extreme and have harmful effects on health.

The conservation of nature, respect for the environment and care for the planet where we live are the responsibility of all citizens. As part of it, let us contribute our grain of sand with each gesture, each action and each effort aimed at reducing the effects of pollution, global warming and climate change.

Promoting sustainable actions such as recycling, carrying out responsible consumption and promoting policies that help restore and preserve our nature are some of the actions necessary to build a more sustainable future.

<https://www.youtube.com/watch?v=ZUdH60oiNPA>

TAKE CARE OF THE SPIRIT



THE WISE MEN

Some may wonder what the narration of the Magi (Wise men) that Saint Matthew left us has to do with the old age. I think a lot more than we might think. Of course, on the days surrounding this feast, the elderly people enjoy with the toys or gifts they give to their grandchildren and children. They enjoy by seeing them enjoying. Deep joy of few days, but that fades over the days that correspond to the beginning of the year.

But I think that, above all, the narration of Saint Matthew has a message that can teach us something. The Wise men set out to discover and search for the truth. They allow themselves to be questioned by the mystery. They stop living the routine of the days because they have seen a new star that breaks into the world full of darkness.

According to Jose Antonio Pagola, some exegetes today interpret the evangelical legend referring to the psychology of the deep. The Wise men represent the path followed by those who listen to the noblest desires of the human heart. The star that guides them is nostalgia for the divine and the path that they travel is the desire.

To discover the divine in what is human, to adore the Child instead of looking for his death, to go through the dignity of the human being instead of destroying him, one must travel an opposite path to the one that Herod followed.

It is not an easy path because it is not enough to listen to the call of the heart; it is needed to start the journey, taking the risks. Thus the divinity is discovered in the human.

A second lesson would be that in an old age many people live stunted. When someone, only seeks or knows love in decadent forms, when his life is moved exclusively by selfish interests of profit or gain, it is that something has been dried up in the heart.

There are elderly people who live a kind of life that overwhelms and impoverishes them. Aged prematurely, hardened inside without the ability to open up to God, there is no star or light that may guides them.

Always, and in old age much more, life leads towards the darkness those who live and are only interested in a “God” who may serves their individualistic projects. God is thus converted into an article of consumption, which we dispose of according to our convenience and interests.

When it is believed that God is Infinite Love, enclosed in our own existence, it is then that deep joy and thanksgiving are born.

It is always difficult, and more in old age, when we have reduced God to a strange, uncomfortable and superfluous being. The Magi, on the contrary, sought for the Child, that Child who loved them infinitely. They looked for his close and loving presence that may enveloped their entire being. They lived in grateful and joyful silence before the Child, admiring his mystery.

The one who in his old age lives inwardly stunned by all kinds of noises and shaken up by a thousand fleeting unexpected events, never stopping in what is essential, it will be difficult for him to live with inner joy.

The Magi knew how to look at the cosmos to the bottom, they knew how to capture signs, approach the mystery and offer their humble homage to that incarnated God in our existence.

The journey of the human being throughout the centuries has almost been in the midst of darkness. They live in a world where, to ensure their own power, they believe that everything is valid: calculation, strategy, cruelty, terror, the destruction of the innocent ones. And it is the light of Christ the one that illuminates and brings joy to that darkness.

But the Wise men saw that a star was lit in the night and they began to walk. And they found Jesus, the great Star, the Light of the world, so that they would not walk in darkness.

The Wise men teach us that they, in the middle of the night, began to walk following the little light of the star. The prophet Isaiah had already predicted it some centuries ago when he said: “The people who walked in darkness have seen a great light. They dwelt in a land of shadows and a great light has shone before their eyes” (Isaiah 9:1).

One day God will be the end of the exile and of darkness, total Light. But in old age we only see it in a humble star that guides us towards Bethlehem.

Wise men who invite us to come out of our chrysalis to be able to fly towards that God who awaits us. When the Magi saw the star, and then the Child Jesus: “they were filled with great joy” (Mt 2:10).

I still believe that the evangelical narration of the Magi can teach us a lot in our old age. The light always ends up overcoming the darkness.

Old age is a time when it is easier to see the darkness of the night than the luminous points that shines in the middle of any darkness and obscurity.

So, it is about walking in the light of faith.

We share:

- In the particular situation I am living, where do I feel God's presence?
- Which lights, which star shines in my path? Which things feel me with illusion and eagerness to keep on moving on?



Sisters of Charity of
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Your opinion is important to us:
If you want to give us ideas, if we can improve something ... tell us!
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