

# HOW TO STAY ENGAGED WITH LIFE

Being engaged with life is prime in positive living. You stay engaged because you feel good about yourself, fully aware of your own strengths and the resources you possess and that life will have its fair share of ups and downs.

- Be at ease, and go at your own pace. There is no need to rush, or give yourself stress. Just take your time, and enjoy the process. It's not necessary to compare with others, having fun with what you are doing is just as important!
- Call an old friend whom you have not contacted for some time, cook a new dish you've never tried, listen to an old CD you like, go for a walk in the park, or attend some activity in the Community Club. No matter how small the event is, as long as you do it, you appreciate the effort you put in and enjoy it.
- Learn how to let go. Activities you previously enjoyed but are no longer suitable due to physical changes or other issues. It's alright to feel sorry or disappointed, but try to find out why it's so important to you, then let go and try something new.
- Don't give up easily. Act on things you like to do and can do. Even if you might not be able to achieve the goal you set, you will still enjoy the process.