1. Being in my late 60’s I feel I have more gratitude. I’m grateful for being alive and healthy, for having a good family, for the joy I get from performing, knowing it won’t last forever.

These things impact my mental health in a positive way.

The times I feel more negative is worrying for the future of my children and grandchildren…global warming , wars between nations and corporate greed.

2. As someone who suffered from mental health issues in the past I feel that regular exercise , mindfulness and being surrounded by positive people helps me greatly.

3. Stay active, make more times for friends, go out and decide to enjoy every minute and eat cake!