Studying the art to ageing well

There are three keys to ageing well, says psychiatrist Koh Kek Chok. The first education, antiaging oneself with knowledge of health benefits. The second is exercise - how much exercise are you going to do? The third is emotional - how will you be prepared for emotional changes and aging?

Physical exercise such as high blood pressure and hypertension, cardiovascular diseases, and osteoporosis are risk factors for cardiovascular diseases, stroke, and osteoporosis, a condition that affects bone health. Mental stimulation helps to keep the brain active and healthy.

An expert shares three ways to grow old gracefully

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Tips from the expert for mental well-being

EDUCATION
Learn from health issues, affect the elderly.

ABILITY TO STAY CALM
Develop strategies to deal with tension and anxiety.

MENTAL STIMULATION
With the aid of art, such as music, drawing, and cultural heritage.

Engaging in artistic pursuits encourages mental well-being and enhances participants' social well-being and mental health, according to psychologist Kua Soo Hoe. (ST Photos: 88Tims)