

# Plan for positive ageing

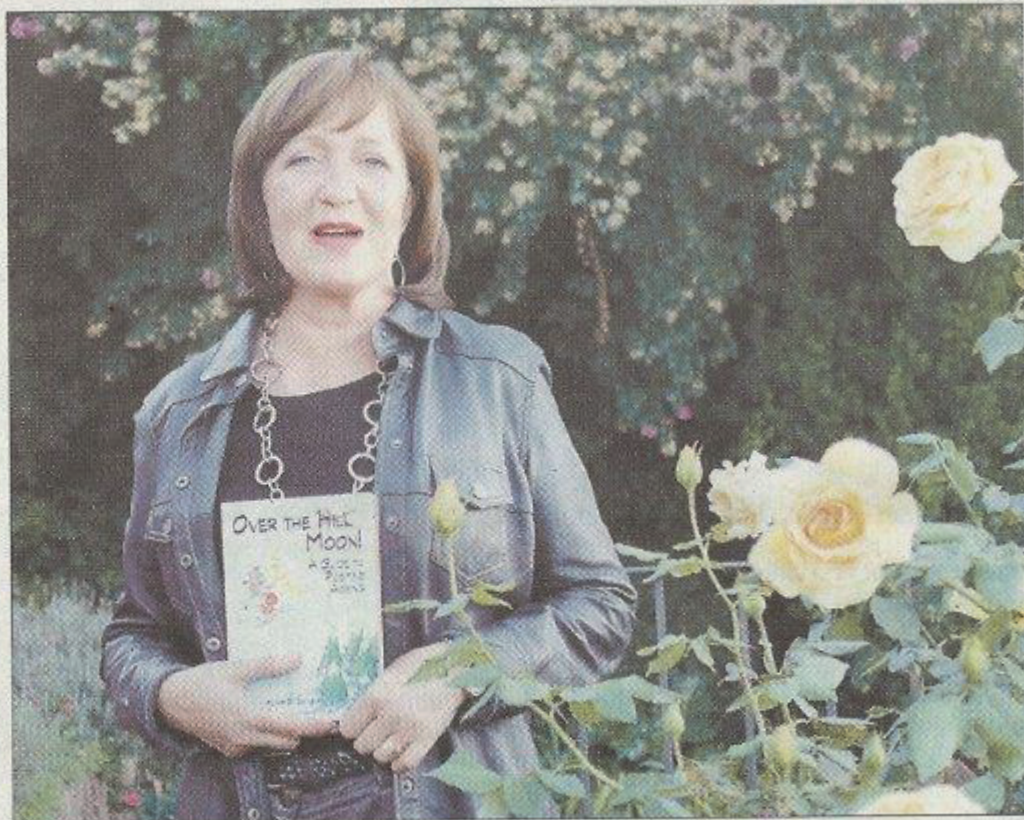
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HOUGHTON resident, artist, author and grandmother, Dr Hanneltjie Van Zyl-Edeling is hell bent in advocating early planning for positive ageing.

Edeling asserted that maintaining good relationships with close-nit friends and family is very important throughout life for the acquiring of positive ageing. "Relationships like this are even more important than religious connections," she said.

Recently, Edeling launched her book, 'Over the (hill) moon: A guide to positive Ageing'. In the book she encourages people to maintain emotional, spiritual and social health as they age. "People need to challenge their brains all the time. Like learning a new game, they need to exercise it. People need to find a new hobby and also plan their social portfolio as they plan their financial portfolio." According to Edeling, people need to continually try to find younger friends. "They need to keep on challenging their mind to keep it fresh and must avoid loneliness. If people can work on maintaining their bodies, they can choose to have their bodies looking much younger than their chronological years. If you live a healthy life you can make your body rest longer." She added that people needed to sort out their baggage earlier on in life before growing into old age. Edeling, through her work, scrutinises the correlation of mind and body as extracted in several illnesses, symptoms and dreams. She stated that people must recognise the interactions



**Houghton resident and medical Practitioner Dr Hanneltjie Van Zyl-Edeling.**

between the body and subconscious mind and should find meaning from this in their daily lives and circumstances. The 60-year-old first graduated from the University of Pretoria in 1972 and then achieved a Diploma in Hospital Dietetics at Johannesburg hospital. Edeling obtained her psychology Honours at the Rand Afrikaans University and a Master's degree in psychology at UNISA. She also accomplished

her doctorate at RAU in 1994. Currently Edeling is a practising counselling psychologist. The mother of two and grandmother of six said she had a passion for juggling an assortment of activities including painting, writing, exercising and other activities which boost new brain pathways and enhance adeptness.

"I never get bored easily as I have many pillars in my life."