

The Renaissance

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Midlife Crisis: Angry Men **October 9, 2009 at 8:00 PM**

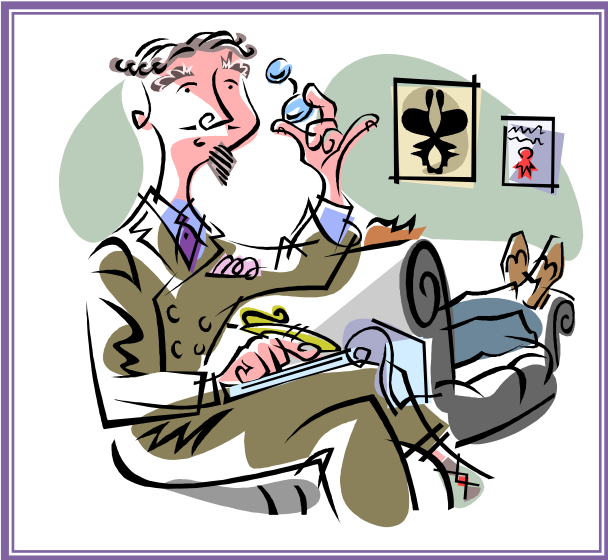
Not a laughing matter, but...why not?

After being married for 25 years, the man looked at his wife and said, "Honey, 25 years ago, we had a cheap apartment, a cheap car, slept on a sofa bed, and watched a 10 inch black and white TV, but I got to sleep every night with a hot 25 year-old blond. Now, we have a nice house, a nice car, a big bed, and a plasma-screen TV, but I'm sleeping with a 50 year-old woman. It seems to me that you're not holding up your side of things." Without any hesitation, his wife replied, "Well, if you want to go out and find a hot 25 year-old blond, I'll make sure you once again are living in a cheap apartment while driving a cheap car, sleeping on a sofa bed, and watching a 10 inch TV."



What is a Midlife Crisis?

A midlife crisis is experienced between the ages of 40 and 60. It was first identified by the psychologist Carl Jung and is a normal part of the maturing process. Most people will experience some form of emotional transition during that time of life. A transition that might cause you to take stock in where you are in life and make some needed adjustments to the way you live your life. Most seem to come through the process smoothly without making major life changes. For some, a midlife crisis is more complicated. It can be an uncomfortable time emotionally, which can lead to depression and the need for psychotherapy.



Some of the Transitional Feelings of a Midlife Crisis

- 1. Unhappiness with life and the lifestyle that may have provided them with happiness for many years.**
- 2. Boredom with people and things that may have been of interest to them before.**
- 3. Feeling a need for adventure and change.**
- 4. Questioning the choices they have made in their lives and the validity of decisions they made years before.**
- 5. Confusion about who they are and where they are going.**
- 6. Anger at their spouse and blame for feeling tied down.**
- 7. Unable to make decisions about where they want to go with their life.**
- 8. Doubt that they ever loved their spouse and resentment over the marriage.**
- 9. A desire for a new and passionate, intimate relationship.**

How to Feel Young (Again)

TAKE CARE OF YOUR BODY.

It's simple, but we forget. Eat healthy and exercise! Start a little at a time. You might get to enjoy it as a bonus!

TAKE CARE OF YOUR MIND.

Keep your mind exercised as well. Science is proving that this the best way to keep your thoughts clear, your brain healthy and stave off dementia. Learn new languages. Go places you haven't been (even locally). Try out new hobbies: singing, playing a musical instrument, writing, dancing, drawing, gardening, sports, crafts and more.

TAKE CARE OF YOUR SOUL.

Be thankful. No matter what your spiritual beliefs, there is nothing more inspiring than counting your blessings. We tend to look at what we don't have, but most of us have so much more than we realize.

TAKE CARE OF YOURSELF EMOTIONALLY.

Care. Let each living being that touches your life matter. Try to avoid judging them and allow them to be different, unknown treasures on this planet.

INVEST IN YOURSELF.

Do the above steps. You can do them as part of all the chores and rituals and work you do every day, and the combination will make everything more vital. Take time every day to say thanks to yourself for just being unique and special by doing something you want to do. Read, nap, chat with friends, indulge in a favorite sport or hobby. Spend a little time each day to be nice to you.