COULD YOUR THOUGHTS MAKE YOU AGE FASTER?

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ICS - 15.10.2018
TELOMERES

- they help determine how fast a cell ages
- With cell division – telomeres shorten
- the cell stops dividing altogether
- short telomeres are one of the major reasons human cells grow old
- telomeres can actually lengthen.
HOW DOES IT WORK?

Your telomeres are listening to you.

CHALLENGE ACCEPTED
CYNICAL HOSTILITY

• High anger
• No trust
• Cardiovascular disease, metabolic disease, die at young age
• Fewer social connections
• Less optimism
PESSIMISM


RUMINATION

SUPPRESSION

MIND WANDERING


http://journals.sagepub.com/doi/abs/10.1177/216770261246023
MY NEW YEARS RESOLUTIONS

• Better thought awareness
• Meditation
• Mind-body exercises
• Long-distance running
• Proper diet
• Enough sleep
SOURCES

• https://ideas.ted.com/could-your-thoughts-make-you-age-faster/
• https://www.tasciences.com/what-is-a-telomere/
• https://learn.genetics.utah.edu/content/basics/telomeres/
• https://www.statnews.com/2017/01/03/aging-control-telomere-effect/