

If you want to become mentally stronger as you get older, say goodbye to these 8 behaviors.

By Justin Brown: <https://geediting.com/if-you-want-to-become-mentally-stronger-as-you-get-older-say-goodbye-to-these-behaviors/>

As we journey through life, gaining wisdom and perspective, mental strength becomes as crucial as physical vitality. Yet, certain behaviors can undermine this strength, making us feel older rather than wiser.

These behaviors often stem from old patterns and beliefs that no longer serve us. They keep us stuck in destructive cycles, preventing us from reaching our full potential.

To become mentally stronger as we age, it's essential to identify these behaviors and say goodbye to them. This process isn't always easy, but it's a crucial step towards embracing a more empowered and authentic life.

So, let's delve into these behaviors and how to leave them behind as we pursue mental resilience and growth.

1) Living in the past

Aging comes with a wealth of experiences and memories, some joyful and some painful. While it's natural to reminisce, dwelling on the past can hinder our mental growth and resilience.

Living in the past often means we get stuck in regret or nostalgia, hindering our ability to fully engage with the present moment. It prevents us from making fresh decisions based on the reality of now, which can lead to repetitive cycles of behavior that no longer serve us.

The key to mental strength is not forgetting our past but learning from it. We must embrace our memories as valuable lessons, giving us wisdom and perspective, but not allowing them to dictate our present or future actions.

Now, saying goodbye to living in the past doesn't mean forgetting where we've come from. It's about acknowledging our history, learning from it, and then choosing to focus on the present moment and the opportunities it brings.

2) Avoiding discomfort

It's natural to seek comfort and avoid discomfort. As humans, we're wired to choose the path of least resistance. However, this instinct can become a barrier to mental growth as we age.

Discomfort often signals that we're stretching beyond our comfort zone, challenging our beliefs, and growing. When we constantly seek comfort, we miss out on these growth opportunities.

I've found in my own journey that the moments of greatest discomfort often precede the most profound growth. It's when we face our fears, embrace uncertainty, and take risks that we truly evolve.

A quote that resonates with me on this topic is from Brené Brown, a researcher and storyteller whose work has greatly influenced my approach to personal growth.

She said, "Vulnerability is not winning or losing; it's having the courage to show up and be seen when we have no control over the outcome."

In other words, embracing the discomfort of being vulnerable can be a powerful step towards becoming mentally stronger as we get older. It's about having the courage to show up, risk discomfort, and grow from the experience.

3) Constantly seeking approval

As social beings, we naturally desire approval and acceptance from others. However, when this need for validation becomes a pattern, it can hinder our mental growth and resilience as we age.

Seeking constant approval can lead to self-doubt, anxiety, and a lack of authenticity. It can make us lose sight of our own values and beliefs, as we become preoccupied with pleasing others.

The key to overcoming this behavior is self-compassion and authenticity. We need to give ourselves the approval we seek from others and embrace who we are, flaws and all.

To delve deeper into this subject, I recommend my video on why it's important to give up on the idea of constantly being a "good person."

This belief can lead to internal criticism, judgment of others, and makes us easily manipulated, whereas letting go of this ideal fosters a more authentic, fulfilling life.

If you found this helpful and want to explore living a life with more purpose and freedom alongside 20,000 others who are on the same journey, consider subscribing to my YouTube channel. [Click here](#) to join us in cultivating a mindset of personal growth and authenticity.

4) Ignoring personal growth

Stagnation is one of the most destructive behaviors we can engage in. Just as our bodies need movement and exercise to stay healthy, so too do our minds and spirits need continual growth and challenge.

Ignoring personal growth as we age means pulling the plug on our potential. It means closing ourselves off to new ideas, experiences, and perspectives that can enrich our lives and enhance our understanding of ourselves and the world around us.

This belief in continual growth is not just about acquiring new knowledge or skills. It's about diving deep within ourselves to confront our fears, challenge our limiting beliefs, and cultivate self-compassion.

This inner work is often uncomfortable and challenging, but it's also incredibly empowering.

5) Neglecting authentic relationships

Here's the thing: Authentic relationships are not about quantity but quality. They're about showing up for each other, not just in times of joy but also in times of struggle.

Neglecting these relationships in favor of superficial connections leaves us feeling empty and unfulfilled. It robs us of the opportunity to grow through our interactions with others, to learn from their perspectives, and to find common ground amidst our differences.

To help cultivate more authentic relationships in your life, I recommend watching my video on the importance of giving up shallow interactions and focusing more on yourself and what makes you tick.

This video is particularly relevant for introverts but contains valuable insights for everyone.

Remember, none of us can thrive alone. By investing in authentic relationships, we build a network of mutual support that enhances our mental strength and resilience as we age.

6) Avoiding failure

In our success-driven society, failure is often seen as something to be avoided at all costs. We're taught that failing is bad, that it's a sign of weakness or incompetence. But this belief can hinder our mental growth and resilience as we age.

Failure is not a reflection of our worth but an integral part of the learning process. Every time we fail, we gain valuable feedback about what works and what doesn't. We learn more about ourselves – our strengths, our weaknesses, our passions, and our limits.

Avoiding failure means avoiding risks and staying within our comfort zone. But you know what? It's through taking risks and facing potential failure that we stretch ourselves and grow.

7) Neglecting self-care

Self-care is often misunderstood as a luxury or an indulgence. In reality, it's a vital part of maintaining our mental strength and resilience as we age. Neglecting self-care can lead to burnout, stress, and a decline in our mental health.

Caring for ourselves is about more than just physical health. It's about taking the time to rest, reflect, and recharge. It's about setting boundaries and saying no when we need to. It's about nurturing our minds, bodies, and spirits in a way that aligns with our deepest values.

This ties back to my belief in the importance of taking full responsibility for our lives. Part of this responsibility is recognizing when we need to take a step back and take care of ourselves.

When we prioritize self-care, we're not just nurturing ourselves; we're also cultivating the resilience and strength we need to navigate life's challenges.

8) Pursuing perfection

In a world that often values perfection, it's easy to fall into the trap of believing that we need to be flawless. This pursuit of perfection can be detrimental to our mental strength as we age.

Perfection is an illusion. It's an unattainable standard that only leads to stress, anxiety, and self-criticism. When we strive for perfection, we set ourselves up for disappointment and failure.

Instead, let's strive for progress. Let's celebrate our small victories and learn from our mistakes. Let's embrace our imperfections as part of what makes us unique.

Embracing the journey

The journey of mental strength and resilience is a deeply personal and transformative one. It's not about achieving a perfect state of mind or becoming impervious to life's challenges. Instead, it's about embracing our humanity, learning from our experiences, and continually evolving.

Each of the behaviors we've discussed, while seemingly negative, offers an opportunity for growth and self-improvement. They serve as steppingstones on our path towards becoming mentally stronger as we age.

Just as a muscle grows stronger through resistance and challenge, so too does our mental strength develop through confronting and overcoming these ingrained behaviors.

It's not an easy process, but it's a rewarding one that leads to greater self-awareness, resilience, and authenticity.

If you're interested in exploring these ideas further and joining a community dedicated to personal growth and living life with more freedom and authenticity, consider subscribing to my YouTube channel [here](#).

And as you continue on your journey towards greater mental strength, consider this: Which of these behaviors do you recognize in your own life, and what steps will you take today to begin transforming them?