

## GROWING OLD

AS WE AGE WE CHANGE, our body, our perspective, and our understanding, and presumably we become wiser. So given that I was asking people for their wisdom based on age and experience I wanted to get a sense of how they understand and deal with the process of ageing.

It's a symptom of old age that some people become less tolerant and more irritable, and everyone knows an older person who is grumpy. But it also seems that many older people mellow with age and become nicer as they are released from many of the pressures of daily life. I was curious how older people view this and see themselves.

Before asking about being grumpy I first asked about patience, "Are you more patient now you're older or less patient?" Fifty-six percent said they are more patient, eleven percent said they are less patient, thirty percent said about the same as always (either patient or impatient) and three percent couldn't decide so said fifty-fifty.

### **MORE OR LESS PATIENT?**

- 56% - more
- 11% - less
- 30% - same
- 3% - not sure

It is a reasonable assumption that people mellow with age, and that was the case for most people in this survey who said things like "I had no patience when I was young but have mellowed with age," "I used to have a short fuse," and "impatience gets you nowhere." Others had more specific reasons for becoming more patient like "I can give my grandkids the love I didn't give my own kids," "I'm a deeply religious person," and "I read Seneca and adopted Stoicism." Resignation seemed to bring more patience