



Why You Should Be a Life Long Learner: 3 Benefits

Diane Laffoon 0:48

Life long learning is one of the best gifts that you can give to yourself. There are so many benefits to being a lifelong learner, and it's never too late to start learning. So for example, did you know learning is good for your health. It's good for your relationships, and it actually helps you live a more fulfilled life we're going to talk about those things today.

Diane Laffoon 1:09

Hi I'm Diane Laffoon And I am confident that you can choose joy every day. So tell me something. What is something that you've learned lately what is something that you surprised yourself by learning in the most recent weeks here are their most recent days. Is it something for work, or maybe a new hobby or a new skill?

Diane Laffoon 1:30

You know, allow me to start off by sharing a few things that I've learned lately and maybe that'll spark some ideas for you to be a lifelong learner and learn something new. In the days and weeks ahead. So some practical ideas. One of the things that I am so grateful for is that my dad taught me a lot of skills, you know just mechanical type skills he taught me a lot of things about home repair for example, and he taught me just enough to be able to Google what I need to know, you know, he did die in 2018 and since then I have had to step up my home repair skills. For example, I knew we needed an aerator thingamajig on our laundry room sink because it just was spraying everywhere so I was able to find the things that I need to adapt a faucet aerator onto the sink. I was so proud of myself for that one, and it works well.

Diane Laffoon 2:25

You know, something else that I've done this summer I bought a stand up, little mini garden that is on our deck, and I've been growing herbs there and it's been a challenge because I have oodles of basil and rosemary and parsley and chives, my cilantro was good for a while but it didn't like, like when the heat came on, and it's been interesting to figure out ways to use all of those I try to use herbs for my herb garden at least one meal a day for something, so you know start a garden, that's a great idea for getting some fresh foods into your life as well.

Diane Laffoon 2:59

Take on organizing or decluttering your home. A couple of weeks ago, Mom and I got to an area in our storage room and we thought okay let's clean out here, what do we need to get rid of, what can we donate and maybe what could we use in good enough shape that maybe we sell it on Facebook marketplace or wherever and we actually did sell a couple of things. So that's kind of fun to do, make a few bucks by decluttering and organizing your home. Um, one of the things I'd like to do is to teach myself to be a better photographer, there's so many people that just capture images so well, and that's something I would really like to learn to do better so that's something on my, I'm going to learn someday list.

Diane Laffoon 3:38

You know what it comes down to is researching topics that interest you and Google or DuckDuckGo or YouTube or, you know, there's just so many places now that you can learn your local library, your local bookstore, there's often, you know now that we're getting hopefully past COVID There's often little local classes you can take or conferences, you can go to about certain topics that might interest you where you can learn new things. In fact, when I began using essential oils back in 2009 I just was learning, reading and learning as much as possible from different avenues and things but I did find that the most helpful way to learn new things about something as, as, you know, ancient and complicated and yet simple and basic as essential oils, was to go to conferences and classes and learn from a person of authority, a person who knew what they were talking about and knowledgeable speakers, that's a very important thing on certain topics do you find somebody who's knowledgeable that you trust and respect, and learn from them and it has opened up more opportunities for me to learn about things like deep breathing, how important deep breathing is how the human body works and why essential oils work so well with it. and the most natural way to give our bodies, what they need to operate well so, as I said the benefits of lifelong learning are just endless.

Diane Laffoon 4:56

So let's talk about three of those benefits today. The first benefit I want to talk about is lifelong learning is good for your health. You know it's true. You may be surprised, but when you learn new things. It keeps you mentally and physically active to it's an outlet for stress. It can even help with those pesky symptoms of aging by keeping your mind active learning new things does that, it keeps your mind active and engages that mental stimulation. As a result, your memory and your reasoning skills will improve. In fact, scientists think that doing cognitive activities can increase the brain's complexity and actually protect it, and it helps to protect you know against the risk of certain brain diseases and it can slow their progression if they've already set started so mentally challenging work or even hobbies, you know, things that you like to do, can protect your brain. Learning helps manage your stress level we all know that stress is very bad for the body. So you want to manage those stress levels and learning new things can help with that mental stimulation can help manage physical and emotional symptoms of stress, even simply reading a book for several minutes can lower your heart rate, lower your stress hormones and stop those feelings of anxiety and help you be more calm and at peace. So it's very important for your health. Also, your emotional health. The process of learning cultivates self esteem, a sense of purpose and feelings of competence and so learning for life is linked to increased well being, like I said better coping with stress and improved physical health. The more we learn about ourselves and our world, the easier it becomes to see our problems in a fresh perspective. So learning is great for your health, emotional, and physical and mental health.

Diane Laffoon 6:54

Secondly, learning is good for your relationships. If you want to have happy well respected relationships with people in your life, being a lifelong learner, is the way to go. They seem to have more friends, they make new friends faster and lifelong learners actually communicate better, which is important in relationships. People who are lifelong learners have an insatiable curiosity, knowing that there's always

something new to learn about life keeps it interesting for them and they ask a lot of questions, lifelong learners understand people's problems better than those who don't want to learn because they have an advantage of seeing more perspectives from learning all these new things, lifelong learners actually tend to be more open minded and have a greater sense of humor, because they have all these new objectives they new there's new subjects that they learn about new perspectives, they have more humor and they are more open minded. Have you ever known a comedian, I have the advantage through my life I've met several comedians and I'm telling you, comedians are some of the most intelligent people on this earth. They are very intelligent, and that's what it takes to have a great sense of humor. Don't we all want a great sense of humor?

Diane Laffoon 8:08

So lifelong learners have better health, they have better relationships there it's good for your relationships. And thirdly lifelong learning helps you live a more fulfilled life. It's essential that we want to live a more fulfilled life. That brings us more joy and that's what we're striving for right is more joy. As long as you're willing to take on the challenges and learning will keep you stimulated and excited about the world around you. Being an avid learner means that any subject can be enticing because of its immense potential for creativity. So you know even the most boring subject can become very exciting and interesting, depending on the way you approach it, and how you learn about it. Lifelong Learning can help you live a more fulfilled life because it will give your life meaning and purpose. You know the goal of learning isn't just to acquire knowledge and fill ourselves, our heads with all of this information, it's to understand and appreciate the world around us better lifelong learners are lifelong learners are curious people who will cherish learning for the rest of their lives, and we can all strive to adapt this habit in our lives, can't we it's never too late, Like I said to adopt the habit of being a lifelong learner.

Diane Laffoon 9:21

People who are lifelong learners tend to have an insatiable curiosity, knowing that there's always something new to learn about keeps you know keeps it life interesting for them. And if you want to have better relationships, being a lifelong learner is a way to go. They seem to have more friends there, they make new friends faster they communicate better with those who want to learn, who want to learn and those who do not want to learn. And then lifelong learning and finally thirdly can make you have a more fulfilled life because it will give your life meaning and purpose, you know, it's not just about gaining that knowledge again, but it's about appreciating ourselves, appreciating the people that we interact with appreciating our environment and the world around us as well.

Diane Laffoon 10:05

So keeping that attitude of being a lifelong learner can also bring you peace and fulfillment in many areas of your life. At first it may seem like a habit that is too challenging to take on. But after a while, you'll realize that you kind of get into a rhythm of learning new things and it's essential to attaining that fulfilling life where you can choose joy, a life where you know that each morning when you wake up you can learn something new and that will give you better health, better relationships and a more fulfilled life. So give me a thumbs up today. Let me know in the comments if you thought of something that you could learn something that you could take on in the next few days or in the next few weeks, and learn something new, and start that habit of being a lifelong learner, or maybe you already are a lifelong learner, I'd love to hear from you. What are some of the ways that you love to learn, and then join me next week because I know deep down in my heart, I know that you can choose joy every day.



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