

## Embrace your next birthday

Another year gone by? Here are five scientific reasons to celebrate. You're only getting better!

By Andrea Bartz

Surprise! There are all sorts of treats in store as you age.

### Your self-esteem will skyrocket

As women advance in their career and forge more stable, supportive social networks, their confidence grows, a report in *Psychology and Aging* suggests. **GET IT NOW** For a healthy self-image, rather than comparing yourself to others ("She's making more money than I am!"), use an internal yardstick to gauge your achievements. ("I've learned so much at work this year.")

### You'll be an ace prioritizer

The more time you spend on the planet, the less of it you'll want to squander. Case in point: College students say they'd sit through a boring event if they've already paid for it, but older peeps say they'd leave if they weren't having fun, a study from the University of West Virginia in Morgantown notes. **GET IT NOW** Life's too short to waste on activities that don't truly fulfill you. Give yourself permission to close that yawn-inducing book or leave halfway through that snooze of a movie.

### You'll bounce back faster

Chalk it up to experience: Unlike twentysomethings, women in their 30s and beyond tend to have an easier time regaining their focus after receiving upsetting news, according to findings from the National Institute on Aging in Bethesda, Maryland. **GET IT NOW** Stewing at your desk? List three good things that occurred that day (e.g., a hilarious email from a pal). Countering negative thoughts with happy ones will help you concentrate.

### You'll have more satisfying bonds

Of course, you adore your friends now, but over the years, you'll develop a greater appreciation for those relationships, indicates a study from the University of Queensland in Brisbane, Australia. **GET IT NOW** Rather than trying to amass 300 so-called friends on Facebook, spend quality time with buds who make you feel great, and savor the pleasure those close connections bring.

### You'll be calm, cool and collected with your cash

Maybe it's the decades of watching the market fluctuate—those with more financial wisdom tend to be less panicky about the prospect of losing money than young'uns, *Nature Neuroscience* notes. **GET IT NOW** To stay levelheaded when considering stressful fiscal moves, such as dipping into savings, set your standards in stone ahead of time, before there's an emergency. If you resolve not to touch your nest egg unless X, Y and Z happen, for instance, you'll be less likely to make irrational, impulsive decisions in the moment.