

Are You Truly Having A Senior Moment? Probably Not

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The Huffington Post:

Creeping into our everyday vocabulary over the past few years, the term “senior moment” is now the chief lament of midlife adults who fear they are losing their memory. You’ve probably used this term yourself on at least one occasion. Perhaps you forgot where you put your keys, blanked on the name of an acquaintance or couldn’t recall whether you turned off the oven after you left the house. “I’m having a senior moment!” you mutter to yourself or complain to your friends. Although you’re probably half kidding, that other half secretly fears that you’re showing the early signs of serious memory loss.

Fear of developing memory loss is a common concern of people 55 and older. In research I conducted a number of years ago on people’s concerns about aging, I found that the number one age-related change that people feared the most was changes in their memory.

Read the whole story: [*The Huffington Post*](#)