Feeling Younger Than Your Age May Be Good for Your Health

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Odds are the age you feel does not match up with the number of candles you blow out on your birthday cake. Middle-aged and older adults tend to feel younger than their chronological age, research shows. Many adults feel a few years to decades younger, and this may be a good thing.

A younger subjective age is correlated with better overall health and can serve as a “biopsychosocial marker” predictive of healthy aging beyond chronological age, studies show.

This perception of youth is, in one sense, a denial of reality.

“You’re not accepting who you are, you’re sort of lowballing it, you’re lying to yourself to make yourself feel better — that should be less healthy,” said Yaakov Hoffman, a clinical psychologist and associate professor of social sciences at Bar-Ilan University, Israel.