

# Midlife Indignities And How To Survive Them

Have you ever wondered why midlife crises are so prevalent in popular culture? It seems like turning 40 or 50 suddenly brings on a wave of self-doubt, regret, and existential pondering. This stage of life can be challenging and filled with unexpected indignities, but fear not! In this article, we will explore some of the most common midlife indignities and provide strategies on how to survive them.

## Indignity 1: Physical Changes

One of the first and most noticeable midlife indignities is the physical changes that start to occur. Suddenly, that youthful energy and metabolism seem to vanish, leaving behind wrinkles, gray hair, and a few extra pounds. The key to surviving this indignity is to embrace self-care and prioritize your well-being. Exercise regularly, eat a balanced diet, get enough sleep, and consider exploring skincare routines tailored to your changing needs. Remember that aging is a natural process, and taking care of your body will help you feel better both physically and mentally.

## Indignity 2: Career Transitions

Midlife often brings about career transitions, whether by choice or circumstance. You may find yourself feeling stagnant or unsatisfied with your current job, wondering if it's too late to change paths entirely. This is the perfect moment to reflect on your passions, skills, and goals. Take the time to explore new career opportunities or consider acquiring new skills through online courses or certifications. Remember, it's never too late to pursue your dreams and find fulfillment in your professional life.



## Did I Say That Out Loud?: Midlife Indignities and How to Survive Them by Kristin Van Ogtrop (Kindle Edition)

★★★★☆ 4.4 out of 5

Language	: English
File size	: 9526 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 337 pages



### Indignity 3: Empty Nest Syndrome

Another common midlife indignity is dealing with the empty nest syndrome. Your children have grown up and left the family home, leaving behind feelings of loneliness and purposelessness. It's important to remind yourself that this new chapter is an opportunity for self-discovery and reconnection with your partner or yourself. Engage in hobbies, travel, volunteer, or take up a new interest or passion. Embrace this time as a chance to focus on your own personal growth and rediscover your identity beyond parenthood.

### Indignity 4: Relationship Challenges

Midlife can also bring about unique relationship challenges. You may find yourself questioning your long-term commitment, experiencing a lack of intimacy, or facing the harsh reality of divorce. It's important to communicate openly and honestly with your partner about your feelings and desires. Seek therapy or counseling if needed, as professionals can provide guidance and support during this delicate time. Remember that relationships evolve and change over time, and it's

essential to nurture and adapt to these changes to maintain a healthy and fulfilling partnership.

## Indignity 5: Existential Crisis

Lastly, the midlife existential crisis is perhaps the most renowned indignity. You may start questioning the meaning and purpose of life, wondering if you've achieved enough or if there's something more fulfilling out there for you. This is a natural part of the human experience and can be an opportunity for self-reflection and growth. Take time to explore your values, set new goals, and redefine your priorities in life. Surround yourself with like-minded individuals who can inspire and support you on this journey of self-discovery.

Midlife indignities are a part of the human experience that can be both challenging and transformative. By embracing self-care, pursuing new career opportunities, seeking personal growth, nurturing relationships, and exploring the deeper meaning of life, you can not only survive but thrive during midlife. Remember that this stage of life is an opportunity for growth, self-reflection, and finding newfound fulfillment. So, embrace the journey and make the most out of this unique phase!



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From the former editor-in-chief of Real Simple, enjoy this hilarious and deeply insightful take on the indignities of middle age and how to weather them with grace: "A pure pleasure to read" (Cathi Hanauer, author of *Gone*).

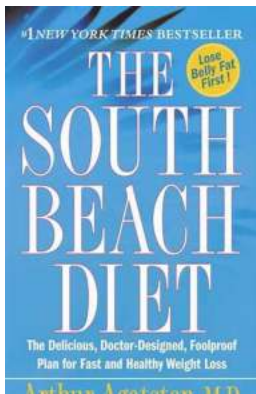
Do you hate the term “middle age?” So does Kristin van Ogtrop, who is still trying to come up with a less annoying way to describe those years when you find yourself both satisfied and outraged, confident and confused, full of appreciation but occasional disdain for the world around you. Like an intimate chat with your best friend, this mostly funny, sometimes sad, always affirming volume from longtime magazine journalist van Ogtrop is a celebration of that period of life when mild humiliations are significantly outweighed by a self-actualized triumph of the spirit. Finally!

Featuring stories from her own life, as well as anecdotes from her unwitting friends and family, van Ogtrop encourages you to laugh at the small irritations of midlife: neglectful children, stealth insomnia, forks that try to kill you, t.v. remotes that won't find Netflix, abdominal muscles that can't seem to get the job done. But also to acknowledge the things you may have lost: innocence, unbridled optimism, smooth skin. Dear friends. Parents. It's all here: the sublime and the ridiculous, living together in the pages of this book as they do in your heart, like a big messy family, in this no-better-term-for-it middle age.



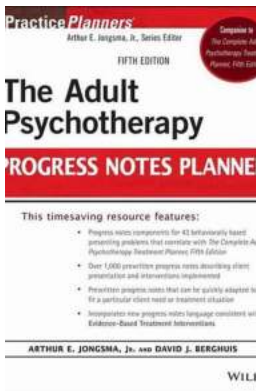
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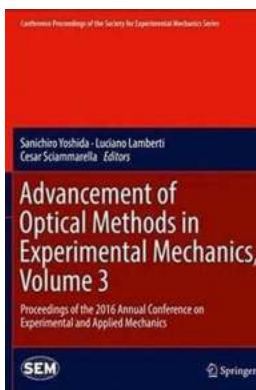
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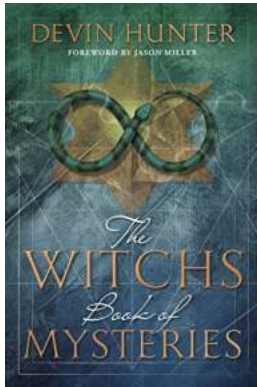
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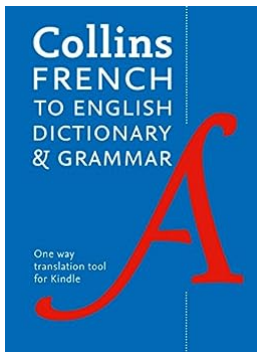
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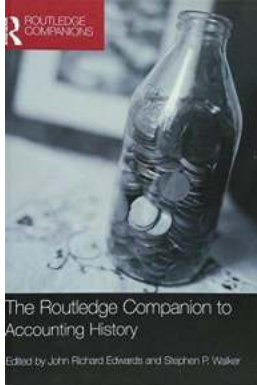
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