

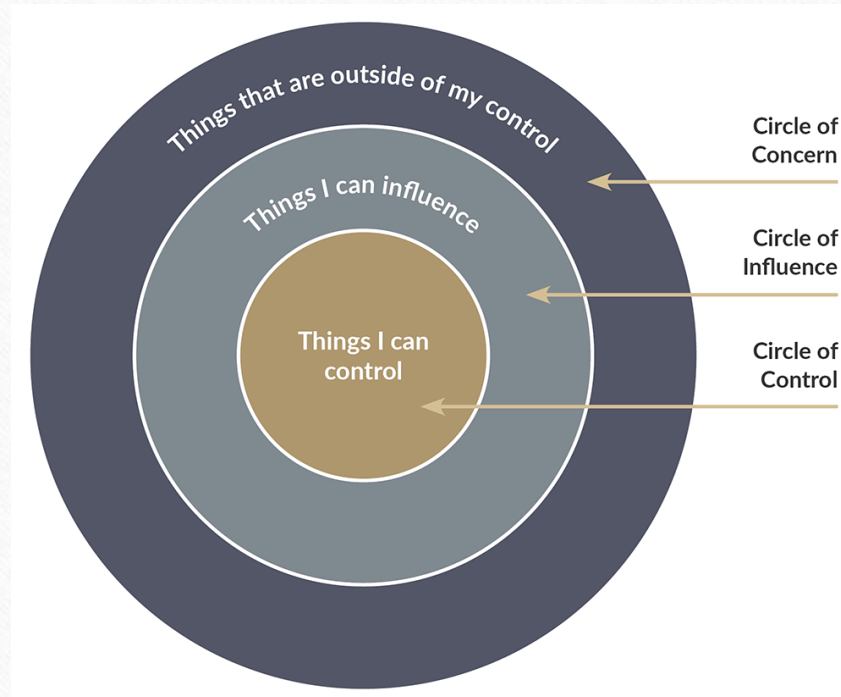
Staying well mentally

Christina Toft

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Circles of influence



What I can control

- Every day decisions about my life
- What I need
- What I want
- What I can give
- What I can receive
- What I can buy
- What I can sell
- What I can do



What I can influence

Strong influence

- Who I have in my life
- What I do in my life
- How I choose to live my life
- Who can influence me
- Where I want to live
- Who can live with me



Weaker influence

- Other people's behaviour
- What others choose to do
- Where others live
- What others buy
- Who I can influence for me
- How people choose to see me

Planning for peace

What would make my life peaceful for me?

- Is your life peaceful in the way you want it to be?
- If it is not, what would need to change for it to be peaceful?
- What were your aims and goals when you moved to Portugal?
- Have you achieved them?
- If not, what has stopped you from achieving them?
- How could you achieve them now if you still have the same aims and goals?
- Can you make new aims and goals that you would like to achieve?

Arranging life to be engaged in activities

How involved are you in your world?

- What activities do you do?
- Are they with others?
- What makes you smile?
- What makes you feel satisfied?
- What makes you feel included and activated?





Managing Expectations

Your expectations

- How do you plan your days, week?
- How do you ensure that you do not overload yourself?
- How do you make your life yours?
- How do you fit other people into your world?

Others expectations

- Do other people decided what you are going to do?
- Do you allow others to influence your decisions and then don't like the outcome?
- What can you do when others expect too much?



Christina Toft

Thank you for listening to my presentation.

I live in Sao Bras De Alportel and try to do a lot for the community.

I run a Dementia / Parkinsons Support group twice a month.

I run 4 Facebook groups – the biggest one Sao Bras Community Group has 8,700 members.

I am 79 years old and keep busy and engaged with what is around me.