

You™re Aging Too Fast! Here™s How To Tell!

Description

Getting older is something we all look forward to at some point, but if you™re in your 20s and you™re noticing [a few greys](#) pop up, or a liver spot or two, perhaps you need to address why you™re aging a little earlier than you should!

Aging is something that “if we are lucky” happens to us all. But no one wants to be 20 and [getting their roots done because of the grey](#) hair. It™s appropriate to freak out about aging early, but what can you do about it? And how can you tell it™s happening to you? Let™s take a look:

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- Stumble Forward

You are walking to work and you notice that your balance is off. You're clumsier than usual and you can't quite keep a straight line when you're on your way down the road. Of course, imbalances happen because of a variety of conditions, but it's one of the biggest causes of broken bones in the over-65s! Talk to your doctor if you're stumbling all over the place and rule out anything untoward.

- Say That Again?

You can see mouths moving and you can hear noise, but words are beginning to escape you! Hearing loss is very common with age, but it shouldn't be happening in your younger years. You can [learn more](#) about what causes hearing loss, but you should also speak to an audiologist and get yourself tested. Hearing loss can isolate you, so it's better to get it checked out as early as possible.

- You're Getting Slower

If you've noticed that power walking is a little beyond you at the moment, it could be that you're slowing down with age. You don't need to speed walk, of course, but any slow down should be marked with your doctor. There could be a range of reasons your pace has slowed and the faster you get it checked, the better!

- Your Skin Is Dry

Dry skin is a sign of aging, but it's often so overlooked! You need to think about how you treat your skin if you want to slow down the signs of aging. There are plenty of lotions and potions out there that are designed to make your skin supple, hydrated and healthy. Dry skin often makes wrinkles look worse than they are and there's nothing nice about feeling self-conscious.

- You're Not Sleeping

As we get older, we need less sleep. We wake up more through the night and we wake up much earlier in the morning. However, as a healthy young adult, you need a good amount of sleep per day. So, start setting a bedtime routine for yourself and do your best to stick to it.

Aging is going to happen if you are fortunate enough to get to that stage in life, but that doesn't mean that you have to deal with the effects of aging right now. So, take a moment and check yourself – are you taking care of you? If not, it's time to get started!

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