

# How Do You View Self-Care as You Age?

We want to hear about what taking care of yourself while getting older means to you.

**By The New York Times**

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How do you care for your body as you get older? Do you use nutrition, meditation or hobbies like swimming or dancing to help you reset? What we see in the mirror as we get older can bring joy, tumult or simply an opportunity to acknowledge the passing of time. So we want to hear from you about the things you do for health, vanity or fun to help us understand what aging looks and feels like.

We may reach out to hear more about your submission, but we will not publish any part of your response without contacting you first and we will never publicly share your personal information.


## Share Your Story

What does getting older mean to you when it comes to how you feel and look? \*

0 words

Do you have a self-care routine? \*

It can be anything from skin care to meditation.

0 words 

What does self-care mean to you? \*

0 words 

What is your age? \*

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