

**Title:** Recovering Identity during a Midlife Crisis

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In the midst of most people's lives, people often come face to face with their mortality and the decline of their physical capabilities. As they realize how little time is left, people will generally enter a period of emotional turbulence called the midlife crisis, during which their identity crumbles and they lose a sense of reality. Despite the immense mental trauma that such a crisis can cause, it is possible to escape the midlife crisis and uphold a good quality of life by recovering a sense of identity and finding a new mindset through changing one's environment. Though it is common for the goals middle-aged people to heavily influenced by the socials regarding their careers and family life, it is essential for people to pick goals based on their own interests to encourage their passions to shape their identity (Freund and Ritter 587). On a similar note, the happiness that people experience must be intrinsic for it to truly consist of the highest end that they can achieve (Aristotle I.V). It is shown that engaging in mindful activities like meditating has positive effects on people's moods (Edwards and Lorpinzi 174). As we demonstrated in a study of the stress levels of students before and after taking a walk, changing the environment of a person under stress is a way to allow that person to objectively evaluate their situation as a whole. In the context of the midlife crisis, such a change can help establish a new mindset and identity.

## Works Cited

Aristotle, W. D. Ross, and Lesley Brown. *Nicomachean Ethics*. Oxford: Oxford University Press, 2009. Accessed 16 Nov. 2019.

Edwards, Meghan K, and Loprinzi, Paul D. "Experimental effects of brief, single bouts of walking and meditation on mood profile in young adults." *Health Promotion Perspectives* vol. 8,3 171-178. 7 Jul. 2018, doi:10.15171/hpp.2018.23.