

## Ageing in Singapore: the next 50 years

# Mental Resilience



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- Economics
- Migration
- Social Support
- Culture

## Globalization & Mental Health

Phua KH, Kua EH. Economic Crisis & Mental Health  
Asia-Pacific Psychiatry 2009

Kua EH. APA Conference, May 2009

# New Paradigm on Ageing Well

Health

Care

Finance

Quality of Life

Social Philanthropy

# Mental Resilience

- 1. Genetics
- 2. Early Life Experience
- 3. Education
- 4. Acceptance of Change
- 5. Social Support
- 6. Self-confidence
- 7. Spirituality



