

Mind Over Matter: Mental Health for Seniors

The World Health Organization (WHO) tells us that about [15% of seniors suffer from a mental disorder](#). However, mental health conditions can be contended through physical wellness and healthy living. Your mental wellbeing is as essential part of your overall health, and that's why Stonebridge at Montgomery has developed a community that puts emphasis on healthy living for every resident.

How to Improve Mental Health in Seniors

Here are a few ways you can improve your mental health as you age.

1. **Be Physically Active.** Physical activity helps to improve your mood and lessens anxiety by releasing endorphins and distracting you from your worries. At the same time, it will also help you reduce your risk of falling in the future by improving muscle strength and balance. Try to get about thirty minutes of activity three to five times a week.
2. **Find Ways to Calm Your Mind and Body.** Simple techniques like [deep breathing, meditation and yoga](#) can invoke a relaxation response that brings rest to both your mind and body. These practices help you to distract yourself from racing thoughts and bring you peace of mind. Set aside some time by yourself to work on these practices so you can find a natural balance in your life.
3. **Learn a New Hobby.** Retirement is the perfect time to try something you've always wanted to do. Learning something new helps to keep your brain active and engaged. Try picking up an instrument, learning a new language, trying your hand at French baking or anything else that interests you!
4. **Play Mind Games.** Your brain needs mental stimulation just like your body needs physical activity to stay healthy. A study from [Harvard Health Publishing](#) tells us that brain games can help sharpen critical thinking skills such as planning, processing and decision-making as well as short-term memory. Spend time doing activities like crossword puzzles, jigsaw puzzles or reading a new book.
5. **Get Active in Your Community.** Working on your social and environmental wellness through community involvement helps improve your mental wellbeing. The feeling you get from helping others less will provide a healthy boost to your overall mood. And spending time with others will also help fight the feelings of isolation.

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6. Stay Connected to Loved Ones. When you're physically distant from the ones you love, it can be easy to lose that connection. This can exacerbate feelings of loneliness and isolation. Thanks to advancements in technology, you can now stay connected with friends and family through phone calls and video chats.

Experience Engaging Mental Health Activities with Stonebridge at Montgomery

Stonebridge at Montgomery always has something to keep your mind and body active and engaged. You can join in [activities](#) like Mindful Meditation, Music Meditation, chair aerobics and walking workouts. Residents Jerry and Sheila Berkelhammer said, "There is a great sense of community spirit here. Come while you can participate in activities, as we did: enjoy the fitness center, the pool, the library, grow some tomatoes or flowers in your plot in the community garden, serve on committees, attend lectures, movies, concerts, etc. with your new neighbors. You will soon feel you're part of a very welcoming, caring community, as we have."

[Contact us today](#) and see how you can lead a life full of mental wellness at Stonebridge at Montgomery.