

Improving Mental Health Conditions in Seniors

You do everything you can think of to stay as sharp as a tack – from crossword puzzles to brain games to eating healthy foods. Still, the risk of mental health issues increases with age. Here are a few tips to lower your risk:

Tip #1: Surround yourself with positivity

Your environment and the people you surround yourself with have a major impact on your mindset. If you spend your time with people who are upbeat, positive, and make you feel happy, you are more likely to feel and emit those qualities. Make sure to think positive thoughts, too. Keeping your mind filled with thoughts that bring you joy eliminates a place for depressive thoughts to fester.

Tip #2: Spend time with family and friends

Isolated individuals are more likely to become depressed. Socialization is healthy and keeps your brain active. Make plans with your friends and family. Invite them over for game night or a home-cooked meal on a regular basis.

One of the benefits of living in a senior living community is the opportunity for social interaction. Join one of the many classes, activities, or events. Make a goal to meet someone new every so often. Spending time with others will help improve your mental health.

Tip #3: Set goals for yourself

Why set goals? Because having goals to work toward is good for the body and mind. It gives you motivation and purpose. It inspires you to put your best foot forward. It gives you something to look forward to.

Goals are especially useful when the benefits are two-fold. For instance, if you set a goal to walk 30 minutes per day with a friend, you're not only benefiting your physical health with walking, but your mental health through socialization.

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Tip #4: Get moving

You may think regular exercise is only good for your physical body, but that's not the case. It's good for your mental health, as well. Exercise releases feel-good hormones called endorphins, which can uplift your mood and even improve long-term mental health problems like depression and anxiety. Make sure you're incorporating some type of movement into your daily routine.

Tip #5: Reduce stress

Stress is more likely to affect your mental health, especially long-term. One of the healthiest things you can do for yourself is to get rid of - or at least reduce - what's causing you stress and anxiety. Are you too busy? Not getting enough rest? Having to maintain your home and property but finding it exceptionally challenging as you get older?

Fortunately, living in a senior living community like Stonebridge at Montgomery reduces those daily stressors right away. No more shoveling snow, raking leaves, pulling weeds, or mowing the lawn. We handle all of the home maintenance tasks for you so you can spend more time on things that promote your mental health.

Learn More about Stonebridge at Montgomery

At Stonebridge at Montgomery, we consider all [seven dimensions of wellness](#) - physical, mental, emotional, social, environmental, vocational, and spiritual - crucial for healthy aging. Come see for yourself. [Schedule a visit](#) with us today.