

EMOTIONAL WELLNESS & AGING

DEFINITION:

Emotional Wellness:

"is the ability to successfully handle life's stresses and adapt to change and difficult times."

National Institutes of Health

ACHIEVING EMOTIONAL WELLNESS:

- *Brighten* your Outlook
- Reduce Stress
- Get Quality Sleep
- Be Mindful
- Cope with Loss
- Strengthen Social Connections

National Institutes of Health

BUILD EMOTIONAL WELLNESS INTO YOUR ROUTINE:

- Identify the positives of each day
- Develop a bedtime routine, without screens
- Engage in leisurely activities & hobbies
- Practice mindfulness exercises
- Routinely check in with friends & family

DEPRESSION IS NOT A NORMAL PART OF AGING.

Symptoms to be on the lookout for include:

- Low mood (most of the time)
- Loss of interest and pleasure in doing things
- Sleep disturbances (trouble falling asleep, staying asleep or sleeping too much)
- Changes in appetite (leading to gain or loss)
- Trouble concentrating
- Feelings of hopelessness or worthlessness
- Thoughts of suicide or self harm

DOES EMOTIONAL WELLNESS CHANGE AS WE AGE?

A 2016 study showed that those 65 and older generally tend to be happier, less stressed, and more satisfied when compared with those who are younger.

ARE MENTAL HEALTH AND EMOTIONAL WELLNESS CONNECTED?

YES! If we aren't emotionally well, the possibility that we develop a mental health disorder, like depression, increases.

COULD DEPRESSION AND DEMENTIA BE LINKED?

YES! There is research that indicates there could be an association between depression and dementia.



(515) 635-4050

happyathomeconsulting.com

*original webinar presented by
Ananda Mental Wellness and Yoga*

If you or a loved one is in crisis, please call the national suicide hotline at 800-273-8255.