




MANAGING SENIOR ANXIETY





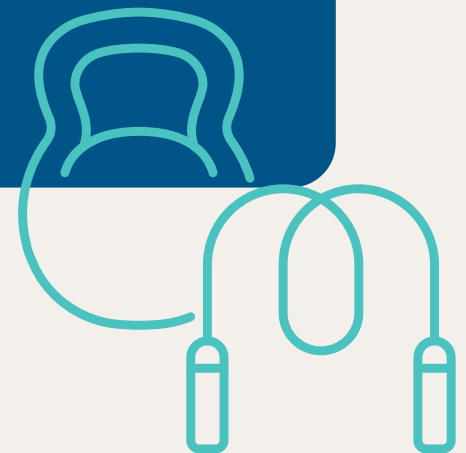
In our community, we care about the well-being of our residents and we know that one of the biggest challenge's seniors face is stress management. We would like to share a few techniques that we've learned over the years on how seniors can mitigate stress.

We hope you'll find these techniques helpful in your loved one's weekly routine!



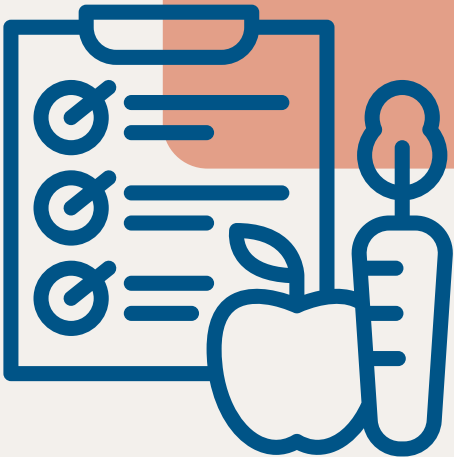
1. REGULAR EXERCISE

Exercising for at least 15 minutes a day can be helpful in providing a distraction to stressful situations and it's a great way to stay in shape. Ask your loved one's doctor which exercises are safe for them to do and incorporate them into an exercise plan.



2. A HEALTHY DIET

The saying “we are what we eat” has been shown to be true. The foods that are put into the body have an effect on how the brain operates. Make sure to include healthy foods that have B vitamins and Omega-3s into your loved one’s diet to improve their mood and mental clarity.



3. MEDITATION,

Meditation is an ancient technique for reducing stress and calming the mind. During meditation, research has shown that blood pressure decreases and breathing becomes slower and more rhythmic. This can be especially helpful for the person that likes to have some alone time during the day to relax and clear their mind.



4. YOGA

Not only is yoga great for flexibility, but it has also been shown to have similar effects to those of meditation. Because yoga involves slow and calculated movements, it reduces blood pressure and heart rate.





Oaks
SENIOR LIVING

We suggest that you consult with a physician to see what other recommendations he or she has for you or the senior in your life.

