

Conference on Aging

Mental Health and Aging

Ways to Improve or Maintain Mental Health as We Age

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"The first wealth is health" - Ralph Waldo Emerson

Focus on wellness, strengthen that which is good

1. Have a routine
2. Socialize
3. Meditate
 - a. Box breath or other breathwork
4. Exercise
 - a. Tai Chi
 - b. Yoga
 - c. Walk
5. Eat well
 - a. Drink water
 - b. 5 different colors of food a day
6. Sleep 7-9 hours a night
7. Rediscover your purpose
 - a. Volunteerism
 - b. Creating art
 - c. Growing plants
 - d. words of encouragement
8. Have fun
 - a. Games
 - b. Chess
 - c. Crafts
 - d. What did you used to enjoy?
 - e. Learn a new skill
 - i. Calligraphy
 - ii. Scrap booking
 - iii. Collage work
9. Be mindful of your self-talk, reflect on what you can control and let go of the rest
10. Music as medicine
11. Laugh
12. Pets/touch therapy
13. Limit how much news you watch

Ways to support the mental health of others

1. Help them find ways to be useful
2. What did they used to enjoy doing?
3. Be creative in adapting the activity or environment
4. Show them they are valuable
 - a. Reach out for a recipe
 - b. How did they resolve issues with (friends?, children?, work?)
5. Don't leave them out
6. Make them part of the family
7. Help them get involved
 - a. Opening mail
 - b. Household chores

Presenting Partner:



Supporting Partners:



Contributing Partners:

