

How Seniors Can Confidently Face Stressors



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Growing older presents myriad new challenges for both mental and physical health. Bones and cognitive health can weaken, while blood pressure and chances of heart disease increase. These physical changes among other stressors can also cause a decline in your mental and emotional state, resulting in depression. There are, however, ways for seniors to manage all types of stress.

Physical Health

As the body ages, it takes longer to heal and becomes more fragile. Therefore, it is important to keep physical health in mind to stay strong and prevent accidents. Moderate exercise is good for people of all ages, but it's crucial for seniors. With minimum recommended daily exercise, seniors can [improve conditions](#) such as heart disease, diabetes, high blood pressure, obesity and even diseases such as Alzheimer's. Exercise also helps joint and bone health.

Staying Fit

It is always a good idea to speak with a doctor before implementing an exercise regimen. They can help you find safe options to avoid discomfort or pain you might experience due to any

medical conditions you may have. Other [barriers](#) such as limited income or fear of injury can also be addressed. Walking is free and can be done anywhere, though gyms provide more supervision. Consider a Medicare Supplement Plan, which covers [gym memberships](#) as a benefit.

[Finding a gym](#) or fitness program for seniors is can be simplified thanks to ICAA's resources such as its facilities and [services locator](#). Many gyms such as [The YMCA](#) and AARP's Silver Sneakers offer age-friendly exercise programs to stay active. Consider taking music, an audiobook, or a friend along to keep you entertained as you exercise.

Focus on exercises that will help maintain and build strength such as lifting weights or using resistance bands. Balance is another important component of physical health for seniors. Practices such as tai chi, yoga, and Pilates all offer balance training as well as aerobic conditioning. Walking, swimming, dancing, and cycling are also great options to increase your breathing and heart rate for good health. Finally, flexibility is the last key component to exercise. Stretching helps keep you stay limber while improving balance. It will even help you in your day-to-day activities.

Emotional and Mental Health

According to [MD Edge](#), approximate three to 10 percent of adults over the age of 55 suffer from an anxiety disorder. Emotional and mental health should also be monitored and kept in check. In addition to external stressors, and sometimes in response to them, anxiety and depression can creep in.

Existing conditions such as a family history of anxiety; chronic grief; issues with alcohol, caffeine, or drugs; or neurodegenerative disorders such as Alzheimer's can cause an [anxiety disorder](#) to arise. According to [Harvard University](#), these disorders may be more difficult to diagnose in seniors because their symptoms tend to be more physical. For example, fatigue, restlessness, weakness, or difficulty concentrating can be symptoms of undiagnosed anxiety.

Consider speaking with a mental health professional or your doctor. They can provide an annual depression screening which [is covered](#) by Medicare Part B. This section of Medicare also covers various mental health services such as counseling and psychiatric health.

As a senior, you should stay alert and aware of your physical and mental condition. Stay active for your physical health and get annual screenings for depression. Physical and mental health are linked, so maintaining both will help you stay happy and healthy longer.