
Tips to Maintain Positive Mental Health for Elderly People



Ageing is a complex set of changes that people often underestimate and do not pay enough attention to. These changes may be positive as well as negative. However, elders can be involved in activities they like. This can prevent them from feeling lonely or lacking communication with friends, close ones, etc.

Based on the latest research, about 20% of people who reached 55 suffer from different mental disorders. Such problems are often related to biological changes in the brain's functioning, social impact, isolation, etc. This, in turn, influences somatic diseases whose symptoms may exacerbate and lead to functional disabilities. This problem is especially significant given the increased ageing of the world's popularity in general.

Exercise Regularly

Physical activity is extremely important at any age, especially for older people. Depending on the physical condition and abilities, there may be a regular 20-minute walk in the park or along the riverbank, morning yoga, meditation, or even moderate-weight lifting under a specialist's control.

Such activities as tai chi, tennis, aerobics, and some team sports may be even more beneficial. In this case, people can socialise and find their exercise buddy. It is important to do a selected activity regularly and receive 100% satisfaction from it.

In this case, the body releases endorphins, which can improve your mood, help you relax, and contribute to calm and deep sleep.

Keep An Active Mind With Online Gambling Platforms

Minds, like muscles, require constant training to stay active. That is why it is important to learn something new to train associative and abstract thinking, memory, speed of reactions, and so on.

If elders want to combine the pleasant with the useful, they can play casino games at multiple gambling sites. Online casinos with various game options, like those [offered by Online Casino Deps](#) are the perfect choice in this case. In addition to poker or blackjack, players can spin the reels or join sites with puzzles, scrabble, crosswords, rebuses, and more.

Along with having fun and developing strategic thinking, people can get additional cash benefits, especially with [free offers](#). Moreover, numerous

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online learning platforms are possible. Modern technologies allow it via dozens of paid/free education sites like Udemy, Coursera, etc.

Join Social Clubs or Become Part of a Community

Loneliness is one of the main factors that can affect mental and physical health. However, there are many solutions to fighting this issue. For example, elders may attend social clubs based on their interests. These clubs may include books, art, theatre, and other discussion meetings.

Such meetings help people stay active and feel their value. They can share their impressions and emotions with like-minded people and find new friends to communicate with. In today's reality, multiple opportunities exist to join such clubs remotely via the Internet.

When there is not enough face-to-face communication, such activities can compensate for this lack and make people happier.

Maintain Healthy Eating Habits

Healthy eating habits are closely related to exercise. As they say, we are what we eat, which is weirdly true. Adjusting diet and [healthy eating habits for seniors](#) is especially important when older people have somatic disorders.

Control over carbohydrate consumption in case of diabetes or reducing salt in the menu of hypertensives is essential. Also, control overweight and improvement of appearance may significantly increase self-esteem, raise mood, and make people feel happier.

Bring a Furry Companion Into Your Life

Taking care of pets is also an important activity. It develops a sense of necessity and significance and imposes a feeling of responsibility for other living creatures. Caring for a pet helps you live according to a specific schedule, making life easier and more predictable.

Based on multiple research, it was investigated that people who regularly spend with their pets have higher levels of serotonin. This hormone improves a feeling of well-being and, in turn, decreases cortisol levels.

Start a Creative Project or Hobby

Retirement brings a lot of free time, and you can spend it on a hobby you like or even learning something new. Creativity helps the brain stay active and find non-standard solutions. For example, you may enrol in a painting club, start learning musical instruments, take vocal courses, etc.

If individuals have fun crafting something, then DIY projects are exactly what they should consider. They only need to browse one of the hundreds of sites dedicated to this topic and pick the project that meets their requirements and covers your interests.

There you can find projects which may be interesting, especially for you. You can try jewellery making, origami, DIY furniture, etc. It can develop fine motor skills, relieve stress, and improve your well-being as a whole.

Try Meditation and Relaxation Techniques

Meditation and relaxation approaches are unique since they are available for people of any age. They help relieve stress, better understand yourself, become more comfortable in communication, and cope with life challenges.

Among popular techniques within this category are mindfulness meditation, deep breathing, aromatherapy, and yoga. As for the latter, it can also improve physical conditions and make your body stronger and more flexible.

Final Insight

Elders may enjoy a wide selection of techniques and approaches to improve their mental well-being. They may attend social clubs online, play skill-based games, do multiple DIY projects and handcrafting, care for pets, and more.

Additionally, elders can enhance their cognitive abilities and overall mental well-being by engaging in various budget-friendly games such as chess, puzzles, board games, Sudoku or simply mobile games. Seniors can even join online gambling sites to sharpen their cognitive thinking and have fun.

However, it's important to make a good choice of online casinos for elderly people when playing various games. While improving mental health, it is important to pay attention to the physical conditions since they are closely related. In this case, yoga and moderate physical exercises are some of the best choices.

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