

No Shame On U

END STIGMA. SAVE LIVES.

Mental Health Matters for AGING ADULTS

Did You Know?

- 25% of adults aged 65+ experience mental health concerns, including depression and anxiety.
- Mental health impairments can exacerbate cognitive declines in memory and attention.
- Suicide rates are highest for men aged 85+.

Older adults are at increased risk of experiencing stressors that are associated with mental health struggles:

- Financial insecurity
- Declining or chronic physical health conditions
- Social isolation, feelings of loneliness or exclusion
- Grief, bereavement, and loss



www.noshameonu.org

For more information about how to support those struggling with their mental health, please visit www.noshameonu.org.

This resource is for educational purposes only and is not a substitute for professional advice, diagnosis, or treatment.

Boosting Well Being

For better mental health, try adopting and scheduling healthy routines. Start small and take one step at a time.

Connect With Others

Connecting socially is essential and predicts well-being. Commit to interacting virtually or in-person with friends, family, and even strangers.

Play Mind Games

Stimulate the brain and remain mentally active. Engage in cognitive activities, such as reading, picking up a new hobby, learning to speak a second language, or solving puzzles.

Prioritize Physical Activity

Remain physically healthy. Set time aside each day and move! Exercise is a great distraction; it increases energy and improves mood. Activities can include, walking, gardening, or yoga.

Spend Time Outdoors

Spend time outside in every season and interact with nature on a regular basis. Fresh air can boost your mood, and may decrease levels of stress; eat outdoors, visit the zoo, go stargazing.

Focus On Nutrition

Follow a well-balanced diet that contains protein, fiber from fruits and vegetables, and good fats like olive oil and those in fatty fish; reduce consumption of sugars and refined carbohydrates.

Improve Sleep Hygiene

Maintain a regular wake-up time and bedtime; aim for 7 - 9 hours of sleep each night. Avoid technology at least 1 hour before going to sleep.

Mental Health Treatment

Reach out for help. Mental health challenges can be treated at any age! Combining medication and psychotherapy is an effective way to manage symptoms and promote recovery.

Adopt a Positive Mindset

Embrace the view that aging is a healthy part of life. Reject negative stereotypes and fears about aging. Focus on the wisdom, experience, and sense of purpose that comes with age.