

Mental Health Matters

Every month CARP Halton will feature a Mental Health segment. This month we visit Vistamere Retirement Residence of Oakville and will focus on the crucial topic of mental health and wellness for seniors. Let's learn about the normal aging process while discovering coping mechanisms and practical tips for maintaining good mental health as you age presented by Peachey Counselling & Family Support:

Topics discussed included understanding aging and mental wellness; Mental health vs. mental illness; Coping with Transitions; Wellness Strategies for Seniors; and Keeping your Mind Healthy as you Age.

The counselling service reminded us to take care of our mind. Seniors have been through many changes and need support. A quarter of this population are dealing with mental health issues; 12% are isolated; 20% to 40% struggle with depression; and others experience anxiety. Mental health issues can slow physical healing, weaken the immune system, and affect sleep.

All is not lost. There are things that can be done to improve mental health. Exercise, a healthy diet, and healthy relationships are a few. It is important to practice self care and learn coping skills. Try practicing gratitude and acceptance. Planning is valuable as it reduces anxiety. Also social support, spirituality, and humour are immense helps. Exercise your brain with games, walks, gardening, reading or the hobby of your choice. Don't forget your meds and regular checkups with your doctor. Start with one thing and when you have made it part of your routine add another. Thanks to:

Peachey Counselling & Family Support is making presentations about Seniors and Mental Health at various Retirement Homes. Check with them to see if they will be in your area at...

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