

NEW YEAR, NEW GOALS FOR MENTAL WELLNESS



The start of a new year is an excellent opportunity to focus on your well-being and set goals that support a healthier, happier you. For older adults, mental health is just as important as physical health, yet it's often overlooked. Taking time to care for your emotional well-being can improve your mood, strengthen relationships, and help you feel more connected to life's joys.

The good news is that improving mental wellness doesn't require big changes—small, thoughtful steps can make a big difference. Here are some simple, meaningful ways to prioritize your mental wellness in 2025:

Reflect on Gratitude

Spend a few moments each day thinking about what you're grateful for. Writing down even one positive thing in a notebook can shift your focus from challenges to blessings. Gratitude is a powerful tool for lifting your spirits and improving your outlook on life. On days when finding something positive feels difficult, start small—appreciate a warm cup of tea, a kind smile, or a beautiful sunrise. Over time, this practice can become a comforting and uplifting habit.



Check out the next page for more ways to prioritize your mental health this year.



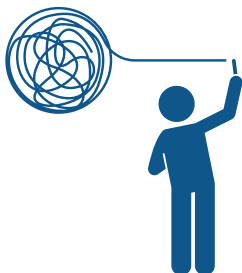
Keep Moving

Staying active is just as important for your mind as it is for your body. Gentle activities like walking, stretching, or chair exercises can help you feel better physically and mentally. Exercise releases endorphins, the body's natural "feel-good" chemicals, which can boost your mood and reduce stress. If you prefer group settings, consider joining a local senior-friendly fitness class. Moving your body, even for just 10 minutes a day, can make a noticeable difference in how you feel.



Nurture Relationships

Maintaining connections with others is essential for mental well-being. Make an effort to reach out to family members, friends, or neighbors. A friendly phone call, a chat over coffee, or even attending a group activity can brighten your day and theirs. Building or strengthening relationships can help combat feelings of loneliness, especially during the colder months. If you're not sure where to start, think about reconnecting with an old friend or joining a local community group for shared activities.



Simplify Your Commitments

It's okay to say no. Prioritize what brings you joy and energy, and let go of activities that feel overwhelming. Taking care of yourself is not selfish—it's necessary. By setting healthy boundaries, you allow yourself more time to focus on what truly matters, such as your hobbies, loved ones, or self-care routines. Start by identifying one task or obligation that can be delegated or postponed, and notice how much lighter you feel when you free up that time for yourself.



Focus on the Present

Instead of worrying about things you can't control, focus on what you can do today. Whether it's enjoying a hobby, reading a good book, or spending time in nature, small actions can bring peace and fulfillment. Mindfulness practices, such as deep breathing or meditation, can also help anchor you in the present moment. Try to savor the little things—a warm blanket, the sound of birds chirping, or the aroma of a home-cooked meal. These moments of presence can bring a sense of calm to your day.



Reach Out for Support

It's never too late to ask for help. If you're feeling down, lonely, or overwhelmed, reaching out to a trusted friend, family member, or a program like Senior Life Solutions can provide valuable support. Talking about your feelings can be incredibly healing and remind you that you're not alone. If you're unsure where to begin, start with someone you trust or consult a healthcare provider. Support groups and counseling programs tailored for older adults can be a wonderful way to connect with others facing similar challenges.

WE CAN HELP.

Our hospital-based outpatient program is designed to meet the unique needs of older adults experiencing depression and/or anxiety related to life changes that are often associated with aging or a chronic diagnosis. Anyone can make a referral to our program, including self-referrals, provider referrals, or community consultations.

Call us today at