

Why Taking Breaks Matter for Stress Relief — Especially for Seniors

Sydney J. Harris once said, “*The best time to relax is when you don't have time for it.*” In today’s fast-paced world, stress is unavoidable but recognizing when to take a break is crucial for mental and physical health. In her 2010 article “Take a Break!”, Nicole Peluse highlights the importance of social support for managing stress, especially among seniors. Spending time with friends and family can help reduce anxiety and depression by releasing natural stress-relief hormones like oxytocin.

Seniors often face unique challenges such as loss of independence and shrinking social circles, which can increase their stress. Peluse encourages engaging older adults through social activities and reaching out to community resources like adult day cares and support groups. Research from the Elder Care Alliance confirms that seniors with frequent social interaction experience slower cognitive decline and better overall wellbeing. Taking breaks and staying connected isn’t just a luxury — it’s essential for healthy aging.

Sources

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