

# Understanding Mental Wellness & Creating Goals

How do we define  
and maintain mental  
wellness?



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# Introductions

Let's introduce ourselves!



# Goals for Today



## Define

mental wellness and  
its importance in  
aging



## Understand

common mental  
health challenges  
among older adults



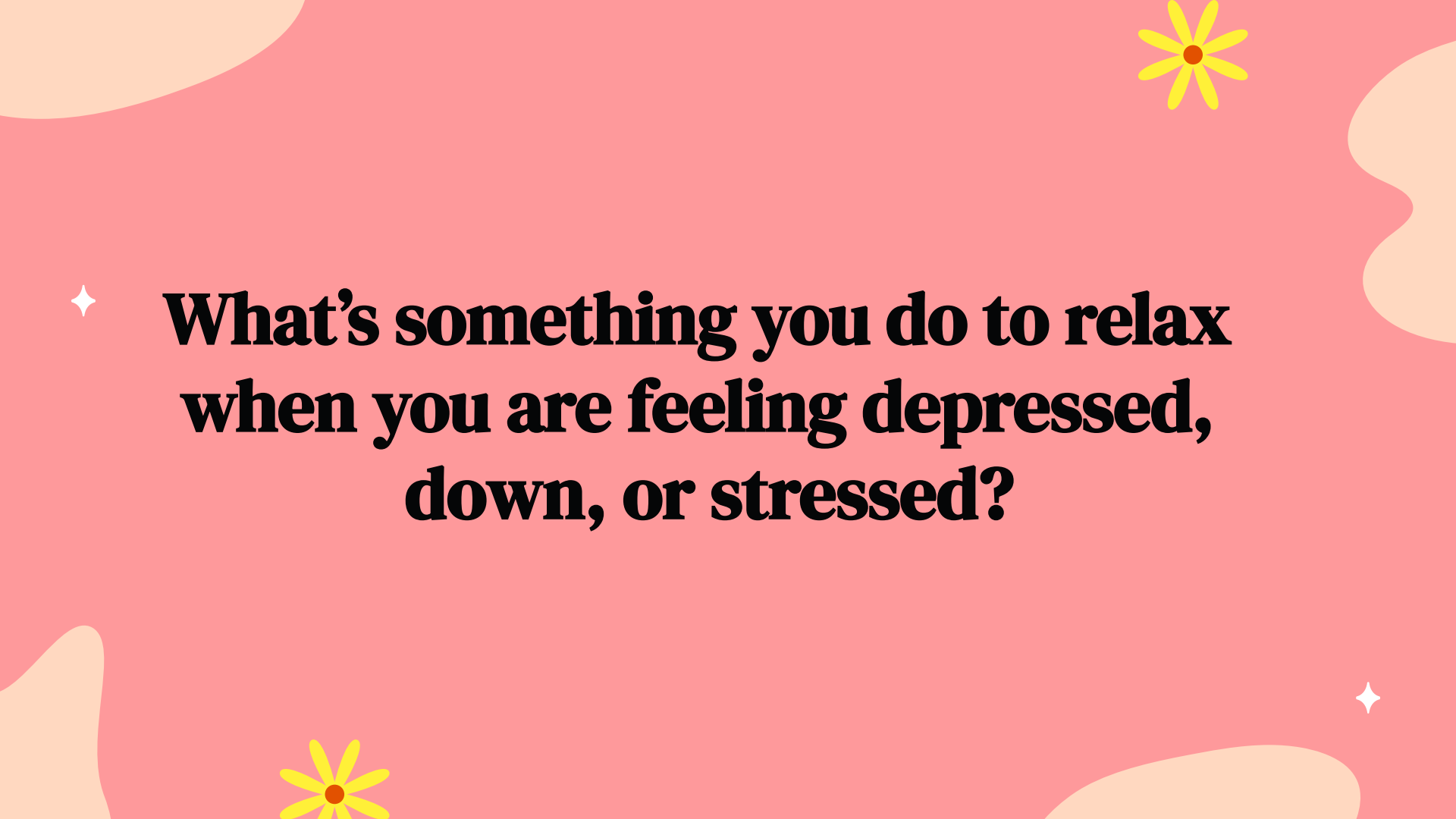
## Identify

signs and symptoms  
of deteriorating  
mental health



## Develop

personal strategies  
to strengthen  
mental wellness

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**What's something you do to relax  
when you are feeling depressed,  
down, or stressed?**

# Defining Mental Wellness

**Mental Wellness** is “a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community”



**Mental Wellness** is not just the absence of mental illness, but also the presence of positive well-being, resilience, and the ability to cope with life's challenges!

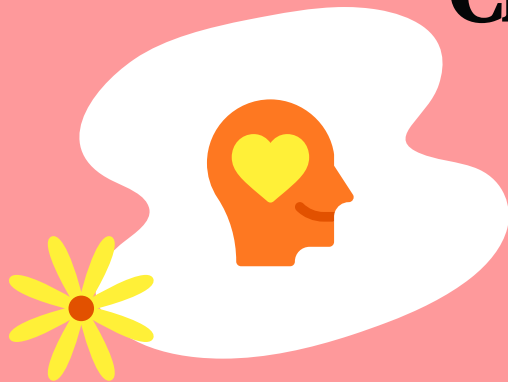
# Importance of Mental Wellness

- Many may have grown up in a time when mental health issues, including depression and anxiety, were heavily stigmatized
- In the recent years, society has become:
  - more open to conversations about mental health
  - more accepting of practices that promote well-being
- Greatly helpful to openly and verbally talk about mental wellness!



✦ **What are the most common mental health challenges that arise among older adults and seniors?**

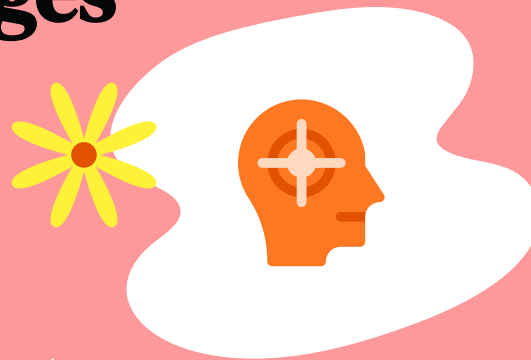
# Most Common Mental Health Challenges



## Depression

A mood disorder that involves persistent sadness

NOT a normal part of aging



## Anxiety

A group of conditions that involve fear and worry









# Risk Factors for Depression

- Medical conditions such as stroke or cancer
- Personal or family history of depression
- Stress, including caregiver stress
- Sleep problems
- Social isolation and loneliness
- Lack of exercise or physical activity
- Functional limitations that make engaging in activities of daily living difficult
- Alcohol use disorder




# Signs & Symptoms of Depression

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- Feeling sad, empty, or hopeless often or all the time
  - Not wanting to do activities that used to be fun
  - Weight gain or loss, or changes in appetite
  - Trouble falling asleep or staying asleep
  - Feeling irritable, easily frustrated, or restless
  - Lack of energy or feeling tired
  - Feeling worthless or overly guilty
  - Trouble concentrating, remembering things, or making decisions
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# Signs & Symptoms of Anxiety

- Avoiding activities they enjoy, such as socializing
  - Insomnia
  - Eating less
  - Restlessness and trouble focusing
  - Trembling or sweating
  - Racing heart
  - Muscle tension
  - Stomach aches
  - Headaches
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**Let's Discuss:**  
**What habits or activities have you  
found helpful in staying mentally  
well?**

**Let's create our  
own mental  
wellness vision  
board!**





# Reflection

What's one new habit or self-care strategy you could start today to improve your mental wellness?



**Thank you for attending!**

**Our 2nd session on mental  
wellness is on March 21, Friday at 4  
PM!**

