Mental Health and Wellbeing of the Elderly

Most seniors don't seek treatment or help as they view mental changes as a natural part of aging or because they are ashamed of their condition. While it's normal for elderly people to experience some level of forgetfulness, it's important to seek professional help if there are obvious changes in behavior or mood.

Here's how to improve mental health and wellbeing of the elderly:

1. Keep in Touch

For older adults, keeping in touch with the important people in their lives can help to stave off loneliness and feelings of isolation that can lead to depression, as well as mental and physical decline.

2. Exercise

Getting enough exercise is as important for senior mental health and older adults' wellbeing, as they are at any other stage of life.

3. Stay Mentally Active

Just as the body needs physical activity and stimulation to stay healthy, the brain needs stimulation to stay sharp and avoid cognitive decline as we age. Any activity that keeps the mind engaged and working towards solving problems contributes to brain health.

4. Eat Healthy

What we eat and drink affects how we feel. Make sure to eat healthy food and stay hydrated.

If you feel stressed and if anxiety is affecting your daily routine, you may get in touch with a mental health professional.

📞 contact.

VMMC Department of Psychiatry
0977-763-0936
(02) 8927-6426 to 31 loc. 1473/1474

National Center for Mental Health (NCMH)
0917-899-USAP (8727)
899-USAP (8727)

PGH Psychiatry and Behavioral Medicine Department
(02) 8554-8400 loc. 2436 or 2400
(02)8554-8847 / (02) 8526-0150
(02) 8554-8469

UST Psychotrauma Clinic
0917-322-7807
(02) 8406-1611 loc. 4012

Amang Rodriguez Memorial Medical Center
(02) 8941-6289 / (02) 8941-5854

HOPELINE
0917-558-4673 / (02) 804-4673

SERBISYO SA **BETERANO**
SERBISYO SA **BAYAN**

PHILIPPINE VETERANS AFFAIRS OFFICE

MENTAL HEALTH GUIDANCE AND SUPPORT

Have you recently:

☐ Been unable to concentrate

☐ Lost much sleep over worry

☐ Felt that you were not playing a useful part in things

☐ Felt incapable of making decisions

☐ Felt constantly under strain

☐ Felt you could not overcome difficulties

☐ Been unable to enjoy normal activities

☐ Been unable to face up to problems

☐ Been feeling unhappy and depressed

☐ Been losing confidence

☐ Been thinking of yourself as worthless

☐ Been feeling reasonably unhappy

**If you answer yes, you are not alone.
Talk to someone today.**

taking care of your mental health.

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.

Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Mental health problems affect your thinking, mood, and behavior. Many factors contribute to mental health problems, including:

- Biological factors, such as genes or brain chemistry

- Life experiences, such as trauma or abuse

- Family history of mental health problems

Mental health problems are common but help is available.

spotting the symptoms.

1. Neglect of personal hygiene.
2. Dramatic change in sleep habits (lack or in excess).
3. Weight gain or loss.
4. Decline in school/work performance.
5. Pronounced changes in mood (Irritability, Anger, Anxiety or Sadness).
6. Withdrawal from routine activities and relationships.

maintaining mental health and wellbeing.

Have some break. Watch shows and read your favorite book. Play games. Refrain from thinking of the negative things.

Connect with people. Talk to a friend, family, colleague and people you trust. Verbalize what you feel.

Make time to unwind. Spend your time doing activities that you enjoy. Learn a new hobby or skill. Expressive arts is an excellent way to have an emotional outlet using the creative process.

Take care of your body. Make sure to take ample amount of time to watch and care for yourself. Pamper your body, eat healthy and have a good sleep. Make positive affirmation your daily mantra.