



Rehab News

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Managing Stress

Older adults are faced with many stressful situations. Stress can be the result of coping with the loss a loved one, managing a chronic illness, being a caregiver, and challenges with loss of balance and mobility. If we don't overcome these stressors right away and let it impact our daily lives, this is known as chronic stress.

Stress can significantly impact your overall health. The effect of chronic stress on the body can lead to heart disease, a weakened immune system, diabetes, high blood pressure, digestion issues, short-term memory loss, difficulty sleeping, depression and anxiety. That is why, managing stress should be a top priority for seniors. Here are a few ways to limit the health risks associated with stress and help clear your mind...

MINDFULNESS	PHYSICAL ACTIVITIES	SOCIALIZE
Incorporating reading, listening to music, meditation, or journaling into your daily routine can help reduce stress and remind you about what is important.	Regular exercise like walking, riding a bike, yoga, swimming, and Tai Chi are some of the best ways to boost your mood, improve your physical health, and help you clear your mind.	Get involved in hobbies or community activities such as crafting, card clubs, social groups, or grab a coffee with a friend. Adding recreational fun into your daily life can improve your stress levels and make you feel happier overall.



THERAPY'S ROLE IN STRESS MANAGEMENT

Physical and occupational therapists offer interventions to help people cope with stress. Physical therapists can customize an exercise plan, teach breathing techniques, and help manage your pain. Occupational therapists help you develop coping skills, offer support to manage daily activities, and intervene with mindfulness-based techniques.

Source: health.harvard.edu