

5 Ways Older Adults Can Reduce Stress

Tips for relieving stress tailored for seniors, based on an article from www.judsonsmartliving.org.

This article focuses on **stress** and the way that stress can worsen or even cause health problems. Stress is defined as being “the body’s natural reaction to a stimulus or stressor that disturbs our physical or mental equilibrium. It’s also commonly known as our ‘fight or flight’ response.”

Some of the **physical signs of stress** are:

- Increased pulse or heart rate
- Rapid breathing
- Increased blood pressure
- Loss of sleep

If you feel particularly stressed or are noticing signs of stress in someone close to you, here are five different ways you can reduce stress.

1

First, **mindfulness**. Mindfulness is when you are able to clear your head of negative, stressful thoughts and focus on the present instead of worrying for the future. One of the main ways to achieve mindfulness is through **meditation**. Meditation is said to help strengthen one’s ability to accept your thoughts and worries without allowing them to impact you negatively.

2

Another way to reduce stress is by **exercising**. Studies have shown that exercising regularly impacts the parts of the brain that control your stress level, and by going for a walk just three times a week can help lower the levels of stress you are experiencing.

3

Next, you can try **body manipulation** to control your stress. This includes activities like **yoga, tai chi, and massage therapy**. These forms of body therapy have benefits like:

- Decreasing blood pressure
- Enhancing concentration
- Releasing helpful endorphins

4

You can also try **building positive relationships** to combat your high stress levels. Getting involved in a **community** of sorts and being social with people who treat you with warmth is another good way to keep your stress in check. Having a **support system** to help you with your stressors can be a very effective form of stress relief.

5

Finally, **eating nutritious foods and avoiding sugars** can help limit your stress. An easy way to do this is to cut fast food out of your diet and limit your sugary snack intake. Sugar has an overwhelmingly negative impact on the body, and this includes your stress! Eating foods with helpful vitamins and minerals is important to maintaining health of your body and mind.

Source: <https://www.judsonsmartliving.org/blog/5-ways-older-adults-can-reduce-stress/>