



There are unavoidable stresses that come with aging. Sometimes talking about issues with a doctor, friend, social worker, or clergy can affordably help. There are more than 10 common challenges to normal aging. [LINK TO AGING ADJUSTMENT QUESTIONNAIRE](#) and common suggestions is free.

However, behavioral modification is always preferred. Scheduling your days, getting sleep, exercise, and more social activities is by far the best solution.

Medicines are indicated at times. Each person has their own response to behavioral or psychotherapy. Medicines have various successes as well. Your healthcare provider needs to understand such issues and be flexible with therapy.

Click here to know how doctors, therapists, and you can work together in difficult times

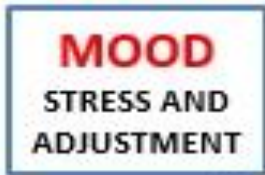
Observable traits or coping methods of happier people

Forgiveness *is probably our greatest stress eliminator.* Look around at the happy elderly and realize how wonderful it is to not carry hate or anger. This one virtue will change your world and if better used will change our world. Our founder proudly scored highest in his *church's* forgiveness score.

Gratitude lowers stress and loneliness. We often overlook our blessings, but they understandably can be forgotten after stress or tragedy.

Setting boundaries...be involved but don't get stressed over the details or worrying more about others demands, than than taking care of yourself.

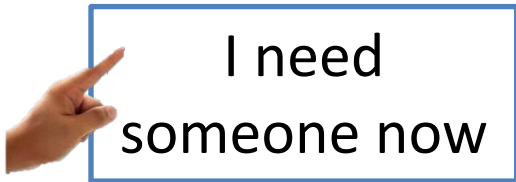
Controlling their lives Do as much as your mind and energy will allow. But still be grateful for needed help and forgive those who disappoint.





Our SMARTEST LIFESTYLE.health system can connect you to a living, caring person – for free, especially if family, and at a cost for professional support, if needed. We have the network.

**Some important thoughts about each emotion
Keep Reading....**



EMOTIONS



Sad, for some reason



Anxiety or Nervousness

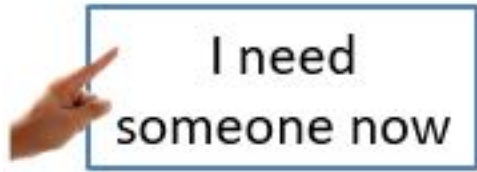
Nervousness and sadness are common.

Please know how much we want you to get well right now!

That knowledge alone, is reassuring.

*Would you like someone at our network to talk to you about your mood or situation?
We are trained to realize our capabilities and limitations. Sometimes physicians are best.
You must allow us to call your closest family member or friend if your issues are above
our first-line help.*

**THIS TABLET CONNECTS YOU TO TELE-MEDICINE. IF INDICATED, MEDICARE
MAY HELP PAY FOR SITUATIONAL COUNSELING AND MORE.**



EMOTIONS



Worried?

Being worried is normal. Very few patients have gone through thinking problems without worry.

Please know we are aware of your natural worry and sympathize with you.

Just your being able to better communicate is a great step toward recovery. Anti-anxiety medicines may reduce your thinking, so all doctors are NOT in agreement about anxiety meds in the elder.

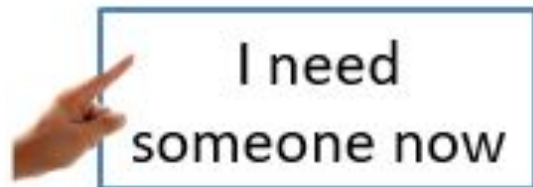
Simply poor sleep, diet, strange surroundings will lead many people to feel alone or isolated. It can continue even with loved-ones, or doctors and therapists are trying their best to keep you connected at home.

THE SMARTEST TABLET EVER is a part of the solution, but sometimes people can be lonely in a crowded room, or simply not have the willpower to even reach out.

Loneliness becomes depression and depression will worsen your loneliness. **We are so sorry.** There are several approaches. Touch below to reach one of our people who can see what resources you have to regain a happy independence.

Your nurses, therapists, and doctors have sacrificed a great deal and studied even more to see that you feel better.

You are far from alone.



Click here



Age-related **STRESSORS**.

These are just facts of life not anyone's fault but doctors and therapy and solutions to these stressors will make you think much better, clearly and happier.

Changes in lifestyle and financial status after retirement: Retirement can bring about a significant shift in daily routines and financial stability¹.

Caring for grandchildren or a sick spouse: These responsibilities can add a significant amount of stress¹.

Death of relatives, beloved or close friends: Dealing with loss is a common stressor for older adults¹.

Deterioration of physical abilities and chronic illness: As we age, our physical abilities naturally decline, and we may face chronic illnesses¹.

Worries about living independently: Many older adults fear losing their independence¹.

Sorry but there are several other stressor that you might want to talk to your doctor, kindest friends, or therapists to find solutions.

Loneliness and social isolation: These are key risk factors for mental health conditions in later life².

Mental health conditions: Around 14% of adults aged 60 and over live with a mental disorder².

Abuse: One in six older adults experience abuse, often by their own carers².

Major life changes, such as retirement: This can be a significant adjustment and source of stress³.

Anxiety disorders: These affect nearly 4% of older adults worldwide⁴.

Remember, it's important to seek help if you or someone you know is experiencing these stressors. There are many resources available to provide support and care.

WAYS TO COPE WITH STRESS:

Get more physical activity: Regular exercise can help reduce stress levels and improve mood¹.

Healthy body---healthy mind

Eat a balanced diet: Your diet affects every aspect of your health, including your mental health. Minimizing your intake of highly processed foods and eating more whole foods can help ensure your body is properly nourished¹.

Minimize phone use and screen time: Using smartphones, computers, and tablets too often may increase stress levels¹.

The smartest lifestyle tablet is a pathway instrument.

We keep you connected to others, but more importantly we want users to get out and keep living.

Specific activities are provided in your neighborhood and community to make new connections with others. Music, dance, or playfulness are youthful and youth-retaining.

More ways to cope with Stress

Relaxation techniques: Activities that trigger the relaxation response, such as meditation, guided imagery, yoga, and deep breathing exercises can help lower your blood pressure, heart rate, breathing rate, and stress hormones².

Cognitive behavioral therapy (CBT): CBT is based on the idea that changing unhealthy thinking can change your emotions².

Maintain a healthy lifestyle: This includes getting at least seven hours of sleep per day, eating a predominantly plant-based diet, exercising regularly, and staying socially connected³.

Avoid using alcohol or drugs to manage stress⁴.

Remember, these are general tips and may not be suitable for everyone. It's always a good idea to consult with a healthcare provider for personalized advice. **If stress becomes unmanageable, it's important to seek help from a mental health professional⁵.**

Managing stress

The first step toward reducing stress is learning what your triggers are. "If you know what pushes your buttons, then avoid it. But there are stresses we have to accept, so we must change our reactions to them," explains Dr. Webster. She offers the following ways to reduce or manage stress:

Relaxation techniques. These are activities that trigger the relaxation response, a physiological change that can help lower your blood pressure, heart rate, breathing rate, oxygen consumption, and stress hormones. You can achieve this with activities such as meditation, guided imagery, yoga, and deep breathing exercises.

Cognitive behavioral therapy (CBT). CBT is based on the idea that changing unhealthy thinking can change your emotions. A CBT therapist will help you identify negative thinking and learn to automatically replace it with healthy or positive thoughts.

Goal setting. "When people set goals for themselves, they have a positive sense of commitment, feel they're in control, and are optimistic," says Dr. Webster. She recommends setting goals in your career, relationships, creativity, play, and health

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Click below to see any of the 8 foundations

S

SENSES

M

MOOD

A

ACTIVITY

R

**GOOD & BAD
MEDICATION**

T

**TRAIN
THE
BRAIN**

E

**EAT
SMART**

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SCHEDULE

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**TOTAL
BODY
TOTAL
BRAIN**