Depression is a common mental disorder characterized by:
- Loss of interest or pleasure
- Feelings of guilt or low self-worth
- Disturbed sleep or appetite
- Feelings of tiredness
- Poor concentration

Strategies for Successful Ageing

STRATEGIES: WEEK 2

THINK ABOUT WHAT QUALITY OF LIFE, WELLBEING AND HAPPINESS MEAN TO YOU

LOOK AFTER YOUR MENTAL HEALTH

Exercise is a great stress buster. Your brain needs a good supply of oxygen and nutrients to function well. Regular exercise improves mood and reduces stress. Take a walk!

Keep socially engaged through regular interactions with family, friends and your community. Remember, novel experiences are important.

Practice relaxation, mindfulness or yoga to manage stress.

Life-long learning and education are good for brain health and lower your risk of developing dementia.

Adapt your lifestyle to protect your brain. Eating healthier and reducing alcohol intake can boost your mental health.

Modifiable risk factors for dementia include: better cardiovascular health; physical, social and mental activity; healthy eating habits; alcohol in moderation; and no smoking.

Reflect upon the personal control and autonomy you have in your life. Consider how you might improve your enjoyment of life through the choices you are making.

Challenge negative thoughts to see if they are logical. Don’t just accept negative thoughts as true.

Take the Hello Brain Challenge: http://www.hellobrain.eu/en

When you feel unhappy or anxious, talk about it with others. This will help you stay connected and gain some perspective.

KEY MESSAGES

contain mentaL HEalth

are as important in older age as at any other time of life.

Mental health is fundamental for successful ageing.

- Exercise is part of a healthy lifestyle. Regular exercise improves mood and reduces stress.
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- Practice relaxation, mindfulness or yoga to manage stress.
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