



**Comfort
Keepers®**

a *sodexo* brand

Stress Management for Seniors

It is important for seniors to take charge of stress management. Stress can still resonate within seniors even if they are retired and do not have to worry about day-to-day job duties. The reason for the stress may include their lack of control over their wellbeing.

Tips for Diminishing Stress

With aging may come new illnesses, aches, and pain, which can cause stress. Learning to manage this stress is important and can lead to a more positive wellbeing:

- **Read:** Not only does reading create an active and strong mind, but it can also transport readers into another world where they are carefree.
- **Meditate:** Some may find peace while meditating. Taking a couple minutes out of each day for some deep breathing and clearing of the mind can help seniors with reducing stress.
- **Laugh:** Watching a funny show or socializing with friends and family can help bring out laughter and relieve stress.
- **Play with pets:** Animals are fun and loving companions that can bring out joy in almost everyone. Either owning a pet, or visiting with them can create a stress-free moment for seniors.
- **Exercise:** Low impact exercise will give seniors energy and may make them feel better mentally, as well as reduce their stress. Always check with a physician before beginning any type of exercise program.



Comfort Keepers® Can Help

At Comfort Keepers®, we work to provide seniors with a healthy, safe, and independent lifestyle from the comfort of their own home. From providing companionship for just a couple of hours a week, to around-the-clock care, our *Comfort Keepers®* can provide meaningful care for seniors in the community.

[Contact your local office today.](#)