



Understanding Mental Health Later in Life

A woman with long, straight grey hair and glasses is sitting on a grey couch. She is wearing a light blue button-down shirt and is looking out a window to her right with a thoughtful expression. Her hands are clasped together on the couch. The background is a blurred indoor setting with a plant and some furniture.

What is Mental Health?

It is emotional well-being, the ability to cope with stress, staying socially connected, and developing and maintaining a healthy identity.





Understanding mental health in older adults

- What changes with age
- What stays the same
- Normal aging vs. concerning symptoms



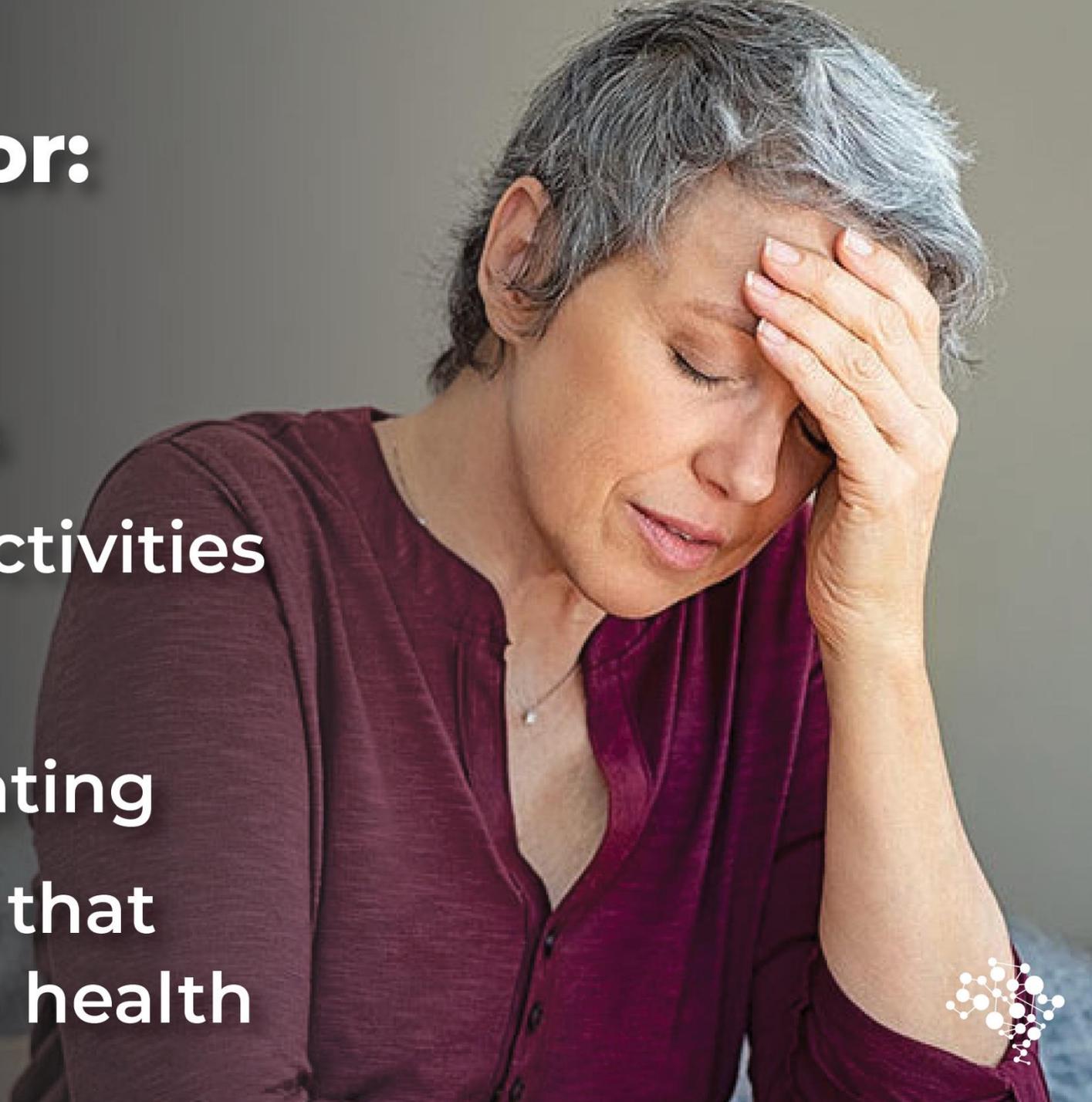
Common Challenges:

- Loneliness or isolation
- Caregiver Burnout
- Coping with loss
- Memory changes
- Cognitive decline
- Regrets
- Anxiety or depression



Signs to watch for:

- Changes in mood
- Behavioral changes
- Loss of interest in activities
- Sleep disturbances
- Difficulty concentrating
- Physical symptoms that might mask mental health





Strategies for Maintaining Mental Wellness





Staying Social



Group Activities



Volunteering



Exercise



Creativity



Nutrition





Meditation



Prayer



Journaling



Relaxation



Quality Sleep



Gratitude



Social Connections & Emotional Well-Being

- Importance of relationships
- Staying connected despite mobility or distance
- Community and intergenerational engagement



Transitions to Retirement

- Emotional & Social Support
- Mental & Emotional Well-Being
- Lifestyle & Daily Structure
- Purpose & identity
- Part-time or Flexible Work
- Practical Support



Caregiver Stress & Resilience

- Share the load instead
- Set realistic expectations
- Practice self-compassion
- Protect your rest and routine
- Maintain personal identity
- Use facility care without guilt
- Seek support



The Seven Stages of Grief



Healthy Ways to Process Grief & Loss

- Staying Connected to others
- Honoring the loss
- Understanding “grief has no timeline”
- Maintaining daily structure
- Engaging in meaningful activities
- Expressing emotions creatively
- Spending time outdoors
- Seeking support when needed



East Cobb Counseling



Mental & Emotional Health Services

- Anxiety
- Depression
 - Grief
- Couples Counseling
 - Life Transitions



3X4 GENETICS

3x4 Genetic Blueprint Testing

- Personalized Nutrition
- Brain & Mood Support
- Metabolic & Weight Insights
- Proactive Wellness Planning
 - Targeted Supplements

Q&A

Welcomed!

Thank You!

Dr. Stephen Wise

East Cobb Counseling

