

Five Tips to Help Boost Your Mood

The aging process tends to lead to physical and mental changes in an individual, therefore your mood is likely to be affected. Things like depression, anxiety, early signs of Alzheimers, physical pain, reactions to medication, and loneliness are all factors that can cause behavior to shift. These new moods you are experiencing don't have to be permanent! Check out these five tips to help boost your mood!



1. A healthy diet

Did you know that maintaining a healthy diet is also beneficial to your mental health? A diet rich in protein, simple carbohydrates, B12 and D can actually help you combat the symptoms of SAD. So, next time you feel low, indulge in your favorite pasta dish to help you feel better. Ensuring you eat meals regularly throughout the day can also help boost your mood and energy levels, so it is important to feed your body, even when you have little appetite.

2. Exercise

Exercising regularly has also been shown to help mental health. Taking an hour-long walk, a yoga or tai chi class, simple way to get exercise while increasing your happiness and decreasing feelings of anxiety.

3. Light Therapy

Most people do not get enough sunlight when sitting inside all day. A specialized light box is designed to simulate the sun and help to release serotonin in your brain, which is the chemical that helps to regulate mood, well-being and sleep. Using a light box for at least two hours a day can help increase your happiness levels and help you get a better night's sleep.

4. Good thinking

Did you know that simply thinking more positively can boost your mood? We aren't always aware of how negative our thoughts may be, which can make a situation worse. Being more conscious of your thoughts and actively challenging your mind to think positively can help reduce stress while increasing your happiness.

5. Counseling

Sometimes trying to help yourself may not be enough, and that's okay. It can be beneficial to seek help from a professional, especially if you are feeling overwhelmed and don't know where to start. Counselors can guide you through the process of recognizing triggers and creating a plan of action tailored to you.

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