



Expert Advice:
Family & Children's Agency Home Care Services for Seniors
The Importance of Expressing Emotions for the Elderly
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There is a connection between mental and physical well-being. Being emotionally unhealthy, such as being depressed, angry or frustrated, can often cause us to be less likely to make our physical health a priority. However, when we feel happy, loved and fulfilled, we're more likely to be active, exercise and eat healthy meals.

This connection is particularly important for older adults. As people age, the loss of independence, death of a loved one, illness or physical handicaps can lead to an unhealthy emotional state. It is normal to be sad and frustrated by these challenges or limitations, but it is critical that aging adults find a way to acknowledge, process and express these feelings to improve their overall physical health.

One means of coping with these feelings is to express feelings through creativity, including drawing, painting, crafting, poetry or storytelling. Creating art or stories allows an individual to process conscious emotions, events, thoughts and memories, or unblock issues from various areas of life. Creating something can be cathartic, in that by taking raw materials and build something older adults can learn to do the same with their own lives. This can lead to coherence, self-confidence and self-acceptance.

In addition to using creativity to process emotions, self-care is equally as important for emotional well-being. Maintaining a healthy balance between daily responsibilities and things one enjoys can help someone be better prepared to deal with challenges that arise. Some examples include doing things that positively impact others, self-discipline, enjoy the beauty of nature or manage stress levels. Practicing self-care behaviors can release endorphins and improve one's overall mental state.

Family & Children's Agency is your local nonprofit trusted advisor on senior services. Because we are a nonprofit, we offer services on a sliding scale and our in-house social worker and registered nurse tailor our services to meet your needs. We offer a Personal Alert emergency response system, live-in services, homemakers, Home Health Aides, carpentry and home modification, and assisted transportation. Visit www.FamilyandChildrensAgency.org or call (203) 831-2900 to learn more.