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5 Tips For Managing Stress

Here are a few stress reduction techniques.

1. Take care of yourself by exercising regularly and eating a well-balanced diet.
2. Get involved in community events.
3. Volunteer for a cause you care about.
4. Learn strategies to help you cope with stress such as relaxation techniques and mediation.

Focus on the things you *can* control as opposed to those you *can't*.

Common Stressors For Older Adults

Stressors often change as you age. Here are some of the most common stressors experienced by older adults.



"The handle on your recliner does not qualify as an exercise machine."

Changes in Health or Physical Ability

Health can be a huge stressor for aging adults.

- **Deteriorating health.**
- **Increased dependence on others.**
- **Healthcare costs.**
- **Losing energy.** Losing energy can be frustrating for seniors, as they are forced to slow down their lives.

Losing the ability to do their favorite things.

Loneliness and Isolation

Loneliness and isolation are two very common stressors for aging adults. Here are a few examples of why seniors are particularly susceptible to loneliness and isolation.

- **Losing a spouse.** The loss of a spouse due to death or divorce is common among older adults.

Losing family members, friends, or pets. Many seniors feel lonely after they lose a family member, friend, or pet. Regardless of whether the loss was the result of a death, relocation, or conflict, the event can cause seniors to isolate themselves, increasing their feelings of loneliness.



Lack of Purpose

Older adults who lack feeling a sense of purpose are more susceptible to stress and its harmful effects. Here are a few scenarios where a senior may feel a question their sense of purpose.

- **Retiring.** Adults who define themselves by their career often lose their sense of purpose when they retire.
- **Losing the feeling of being needed.**
Losing a position in your community.

Loss of Independence

Losing independence can trigger a stress response. Here are a few reasons why a senior may feel their independence is threatened.

- **Losing the ability to drive safely.** Many seniors experience a decrease in their mobility, causing them to lose their driver's license.

- **Losing the ability to live alone.** Seniors with disabilities often lose their ability to live alone, forcing them to become dependent.
- **Losing control over daily routine.** A decrease in mobility can force seniors to depend on others for help with the activities of daily living.
- **Lacking transportation services.** Seniors with limited options for transportation can make it difficult for seniors to do things on their own.
- **Decreasing financial independence.** Losing the ability to manage their own money can challenge a seniors sense of independence.

Increasing healthcare costs. An increase in healthcare costs can force seniors to become financially dependent.

Recognizing the Signs and Symptoms of Stress in Older Adults

- Feeling tired
- Sleeplessness
- Irritability
- Unnecessary worrying
- Headaches and other pains
- Negative feelings or attitude
- Feeling out of control
- Poor concentration
- Frequent crying
- Constipation or diarrhea
- Shortness of breath

If you or a loved one experience any of these symptoms, it is important to be proactive about finding ways to manage your stress before the damage becomes irreversible.

