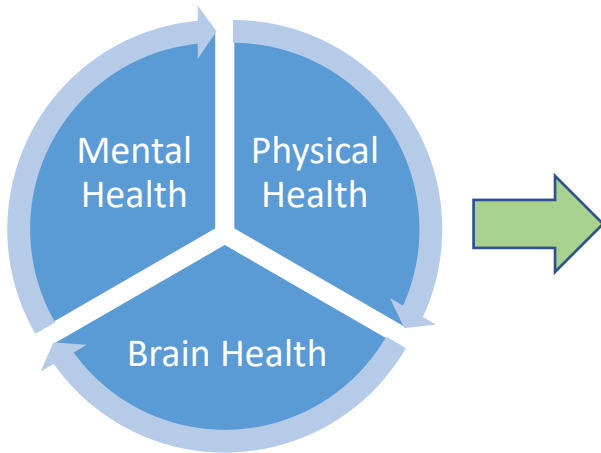


# Maintaining Wellness After 50



Wellness is not just determined by your physical health. It also includes your brain and mental health. Each facet of wellness effects one another, it is important to engage in activities and behaviors that enhance your physical, mental, and brain health.

Brain Health	Mental Health	Physical Health
<p>It is <b>normal</b> to experience some mental decline as you age.</p> <p><b>Not a normal part of aging:</b></p> <ul style="list-style-type: none"> <li>• Getting lost in familiar places</li> <li>• Forgetting what day it is, and never being able to recall</li> <li>• Inability to care for self even with help</li> <li>• Unable to maintain finances</li> </ul> <p><b>You can support your brain health by:</b></p> <ul style="list-style-type: none"> <li>• Learning a new hobby</li> <li>• Reading a book</li> <li>• Being social</li> <li>• Learning a new skill</li> <li>• Doing crosswords, puzzles, etc.</li> </ul>	<p>It is <b>normal</b> to experience mood fluctuations throughout your life.</p> <p><b>Not a normal part of aging:</b></p> <ul style="list-style-type: none"> <li>• Constant feelings of hopelessness</li> <li>• Changes in sleep patterns</li> <li>• Feelings of panic/dread</li> <li>• Unexplained tearfulness</li> <li>• Racing thoughts</li> <li>• Suicidal thoughts</li> </ul> <p><b>You can support your emotional health by:</b></p> <ul style="list-style-type: none"> <li>• Avoid being isolated</li> <li>• Learn and use relaxation techniques</li> <li>• Ask for help</li> <li>• Do things that make you happy</li> <li>• Take breaks from news and social media</li> </ul>	<p>It is <b>normal</b> to experience changes in physical health and ability.</p> <p><b>Not a normal part of aging:</b></p> <ul style="list-style-type: none"> <li>• Unexplained weight loss/gain</li> <li>• Inability to use limbs</li> <li>• Unexplained shortness of breath</li> <li>• Unexplained dizziness</li> </ul> <p><b>You can support your physical health by:</b></p> <ul style="list-style-type: none"> <li>• Try new activities</li> <li>• Walking</li> <li>• Low impact exercise</li> <li>• Swimming</li> <li>• Dancing</li> <li>• Having a healthy diet</li> </ul>

