

Personal wellness at any age

As a Care Manager Assistant for Elder Options, Inc., one question I'm often asked by my older adult clients is, "What is personal wellness and how does one achieve it?"

Personal wellness encompasses physical, mental, and social health. Throughout the aging process, personal wellness has the possibility to become compromised. As our vision begins to become less effective and our skin loses elasticity, we can all feel the physical effects of aging. As we age, we are also at a higher risk to develop cardiovascular problems. Due to our physical health, we can all begin to feel as if our mental health is beginning to suffer as well. Perhaps we stop doing activities that we

have previously enjoyed, or we begin isolating ourselves from our circle of friends. So, the question arises, what can we do to transition into the aging process smoothly and achieve our own sense of personal wellness?

A great place to begin is with exercise. Now this does not mean that all of us need to run out and join a gym. However we could easily begin with taking a walk every afternoon before the sun sets. We breathe the fresh air, look at the scenery, and reflect on our day. Our daily walk becomes the break for our



mind and invigoration for our bodies. As our bodies begin to become more physically fit, our minds are sure to follow. For some, engaging our minds in tasks or activities allows us to remain mentally sharp.

Activities such as volunteering will allow our minds to focus on a task and will also give us a social outlet. Some don't realize the importance of social interaction as it relates to the aging process. Relating to others, whether it is in a casual or formal arena, allows us to feel needed and involved with society.

The fact of the matter is, if we are lucky, we all go

through the aging process. Yet, there are actions we can take to make this a more enjoyable transition. Regular exercise and a healthy diet will combat the physical effects of aging, volunteering or connecting with activities engaging our minds and keeps us mentally young. Finally, serving as an active role in the community allows us the social interaction we all need as we age. If we choose to make positive changes in our lives, these changes can assist our mind and bodies to achieve the ultimate goal of personal wellness.

— For questions or comments about this article, please contact Liz Caldwell, Elder Options Inc., Lake Tahoe, 530-541-1047, or www.elderoptionssca.com.