

# Brain Boost: A guide to mental health and cognitive wellness for seniors

By **Brandon Jones**

As a retired journalist, I've always been fascinated by the stories of resilience among seniors in Southern Ontario. Now, as I reflect on my own journey, I realize the importance of prioritizing mental health and cognitive wellness as we age. In my research, I've identified several key areas that contribute to keeping our minds sharp and addressing issues such as depression and cognitive decline. In this article, I'll discuss what experts say are the top six:

## 1. Recognizing the signs of depression

One of the most vital lessons I've learned is the importance of recognizing the signs of depression. It can be easy for feelings of sadness or withdrawal to creep in, especially during challenging times. Symptoms like prolonged sadness, lack of interest in activities, or changes in sleep patterns are red flags to watch for. Sometimes, I find myself feeling overwhelmed by daily tasks or losing interest in hobbies I once loved. Recognizing these signs early is crucial because it allows us to seek help before the situation worsens. Talking to a friend or consulting a professional can provide the support needed to navigate these emotions effectively.

## 2. Accessing resources and support

Knowing where to find resources and support is crucial for maintaining your mental well-being. Ontario's Health 811 helpline is available 24/7 for health advice and information. For immediate support, contact Connex Ontario (1-866-531-2600), which helps people who need support and information about the mental health, gambling, and addiction services that are available in Dufferin County. You can also find services and programs through local health units and community health centres.

## 3. Maintaining social connections

Engaging with family and friends can significantly reduce feelings of isolation and loneliness, which are common struggles among seniors. I often make it a point to host regular gatherings with loved ones, whether it's a simple coffee chat or a larger family dinner. These moments not only bring joy but also strengthen our bonds. Maintaining social connections is vital for emotional well-being; it helps us feel more grounded and connected to the world. Additionally, volunteering for local organizations has introduced me to new friends and given me a sense of purpose, further enriching my social life.

## 4. Engaging in physical activity

Staying physically active has been a game-changer for my mental health. Whether it's a daily walk or a YouTube aerobics class, regular exercise boosts my mood and keeps my mind alert. I've noticed that even small bursts of activity can elevate my spirits and provide a sense of accomplishment. Engaging in physical activities not only improves your physical health but gives you a wonderful opportunity to socialize. Activities like gardening or dancing can provide both physical movement and social interaction, making exercise enjoyable and beneficial.

## 5. Sustaining a healthy diet

Nutrition plays a significant role in your mental health. I've embraced a balanced diet rich in fruits, vegetables, whole grains, and lean proteins. Foods such as salmon, blueberries, and nuts are packed with nutrients that support brain health. Cooking has become a fun and engaging activity for me, allowing me to experiment with new recipes while nourishing my body. I've found that what we eat can directly impact our mood and cognitive function, so nourishing our bodies is just as important as nourishing our minds. Additionally, staying hydrated is crucial, as dehydration can affect our mental clarity and overall well-being.

## 6. Fostering sleep hygiene

As a sufferer from severe apnea, I've come to recognize the crucial link between sleep and mental health. Quality sleep rejuvenates the mind and supports cognitive function. To improve your sleep hygiene, establish a calming bedtime routine, limit screen time before bed, and create a comfortable sleeping environment. I've noticed that prioritizing sleep has dramatically improved my mood and cognitive clarity. Quality sleep is essential for maintaining emotional balance and enhancing our overall well-being. I find that practices such as reading or listening to calming music help me unwind before sleep, promoting a more restful night.

#### Last words

As we navigate the journey of aging, prioritizing mental health and cognitive wellness becomes increasingly important. By recognizing signs of depression, accessing resources, and fostering social connections, we can keep our minds sharp and resilient. Let's support one another in this journey, ensuring that we all thrive as we embrace the beautiful years ahead. Remember, it's never too late to start prioritizing our mental health?let's take that step together!

Brandon Jones is a retired journalist and magazine publisher. He lives in Alliston.