

How to Come Out on Top and Avoid These Common Senior Stressors

The golden years are a time rife with uncertainty and fear for most people. It's no surprise that many seniors enter this new phase with no small amount of trepidation, so they find themselves stressed or, in many cases, even succumbing to anxiety and depression. However, you can spare yourself such a fate as you boldly go into this new juncture of your life by knowing what you're up against and taking on the possible challenges as they come.

Physical and mental welfare

As you find yourself getting along in age, you might notice your physical strength, mobility, and so forth, diminished to a certain degree. Ditto with your cognition, mental clarity, and the like. As these changes occur, it's natural to worry about your health and overall well-being. This, however, doesn't mean that you are resigned to aging uncomfortably. Rather, you can take proactive measures in prolonging your body's health and mental alacrity.

The body benefits from a combination of [adequate nutrition](#) and consistent [physical activity](#). This, in fact, is particularly crucial to seniors as it's possible to fend off the telltale signs of aging—or at least, delay them—with a healthy diet and regular exercise. It's a good idea to speak with your primary care physician to find out if there are any limitations (or must-haves) in the food you can eat and the activities you can do.

On the other hand, remaining in peak health mentally also requires work. Help keep your brain active by pursuing new [hobbies](#) and [brain-boosting](#) activities. AARP points out that staying engaged [socially](#) by connecting with friends and family, being more active in the community, or even doing volunteer work will do wonders in fending off boredom and loneliness, as well as mental health issues like depression and anxiety.

Overall comfort

Another common stressor that you might find yourself facing is your overall comfort. In the broadest sense, this runs the gamut from the convenience and [accessibility](#) of your home to getting enough rest..

Sleep problems in older adults, for example, are definitely worth a closer look. Daily Caring explains there are many reasons people lose sleep, and one of the biggest is [chronic back pain](#). While adjusting your sleeping position can be a big help, another way to ensure comfort is by switching to the right mattress.

If you're due for a new bed, consider your sleeping style and other factors when choosing a mattress. Spinal alignment when sleeping is crucial for those who suffer from back pain, so finding a mattress that ensures [proper support](#) requires a little digging, but there are numerous models available. Case in point, Nest Alexander mattresses offer top support for those with

upper back pain, while Purple mattresses are geared toward those with lower back pain. Sort through your options and choose a mattress that will help alleviate your discomfort.

Paying for care

Lastly, you may find yourself worrying about [your finances](#) incessantly as a senior. With your stint on the workforce well behind you, it can be hard to adjust to a fixed income while also taking into account rising medical, living, and care expenses.

This is especially disconcerting if you will not age in place. There's no question that you will get the daily care and assistance that you need for a comfortable life in an assisted living facility or a retirement home, but there's also no doubt that it [won't come cheap](#). And while most seniors assume that such expenses are covered by health insurance, the sad reality is, in most cases it is [actually not](#).

Rather, your Medicare/Medicaid coverage is limited to providing for medical costs like hospitalization and laboratory tests (to name a few), as well as prescription medication in certain coverage levels. This makes it crucial to explore other ways to finance your senior living costs, such as long-term care insurance, pensions, and special savings and [investments](#).

Indeed, you have legitimate cause to worry as you become a senior, but there's no reason to let it hinder you from living your best life. With a solid plan and foolproof measures in place, you will be able to meet the challenge of your golden years head-on, free from fear and with a positive outlook. With some smart strategizing, you will kiss those stressors goodbye.



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