

## 5 Fast-Acting Mood Boosters for Seniors

Being in a good mood appears to enhance decision-making skills and working memory among older adults, according to a 2013 study published in the journal *Cognition and Emotion*.

That also means that there are ways for older adults to overcome some of the mental declines that come with aging, as pointed out by study co-author Ellen Peters, professor of psychology at Ohio State University.

So here are 5 mood-boosting tactics every senior should have in their toolbox!

1

### Sing a Song. 🎵

The inner ear is connected to a part of your brain that manages pleasure. So singing, alone in the car, in the shower, while cooking, or in a crowd at church (even if you're very, very bad at it), may make you happier.

2

### Exercise or Dance.

5 minutes! That's how fast you can feel the effects! You get less anxiety, less panic, less depression while getting more self-confidence, healthy distractions, body warmth, and calm!

3

### Active Appreciation.

You can reprogram your mind with simple but ultra powerful practices such as: appreciations (including of the littlest things) and affirmations (mantras). Regular practice of journaling (the above), meditation, yoga, prayers, and/or controlled breathing exercises will help you reframe quickly situations and create extraordinary life experiences!

4

### Your Dose of Sunshine. ☀️

Morning sunlight is most beneficial, so take a morning walk. Leave curtains and blinds open and/or put lamps on a timer to switch on 15 minutes before your alarm sounds to get a dawn simulation effect. And be outdoors as much as you possibly can!

5

### Socialization For The Win.

Stay involved with loved ones, pass along a favorite recipe to children, garden with grandchildren. Invite friends to get hair or nails done, see a movie, take a shopping trip, or over for dinner on a regular occasion. Explore local civic centers, volunteer work, and faith-based groups. Sustaining such connections and involvements have shown to contribute to a number of physical and mental benefits for seniors.

We Can Help You or Your Loved One Overcome Isolation-Induced Depression.

Call or Email Today: 1.847.641.2737, [hello@gycseniorcare.com](mailto:hello@gycseniorcare.com)