



Rizzi Psychiatric
Associates

THE RIZZI DIFFERENCE NEWSLETTER *∞* FEBRUARY 2022

Self Esteem & Mental Health

What you're looking for is not out there, it is in you.



Positive self esteem is part of the process of adapting and coping to change and is linked to life satisfaction, general well being and overall health. However, for many seniors low self esteem goes hand in hand with aging. Many older adults report feeling a change in self esteem because of the challenges associated with aging including changes in physical appearance, mobility, health problems, loss of independence and a feeling of disconnectedness from the world. The good news is that there is much we can do to improve our own self esteem or the self esteem of those we love.

A positive self esteem requires us to take loving, positive action and here are some tips that may help!

Exercise: This does not mean that we need to run to the nearest gym and sign up! Gentle movement such as stretching, and a nice walk outside does wonders for body and mind. Keep moving!

Stay Connected: Loving and supportive connections with family and friends does wonders for all of us. Thankfully, we live in a time where technology allows us to videoconference loved ones near and far making it easier than ever to stay connected. The act of letter writing can also be a very beautiful way to stay in touch with those we love.

Focus on "I can" : Many seniors feel a loss of independence. However, rather than focusing on what you can no longer do independently, take control of the things you can, even if you require assistance or adaptation.



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Maintain Friendships: We are all social beings by nature. Finding a peer group with similar interests can help boost confidence and self esteem. For seniors who live in community settings, taking part in activities can be a wonderful way to make friends and stay active.

Avoid Negative Stereotypes: Don't buy into the negative stereotypes of aging! Rather than looking at later life as a time of illness, immobility and dependency, focus on the positive aspects of aging and embrace being "healthy, wealthy and wise". Your life experiences and wisdom are unique and beautiful!

Never stop learning: Learning new things can help you stay mentally sharp. Read a book on a topic you want to explore, learn a new language, take music or art lessons. You never know, a fleeting interest can turn into a passion. World famous folk artist Grandma Moses painted her first painting at 77 years old. It is never too late!

When feelings of low-self esteem become overwhelming, there is help! The compassionate and experienced team of providers at Rizzi Psychiatric Associates are available to help you find meaning and purpose so that you can live your best life now!



We are honored to care for you!



The Rizzi Psychiatric Team

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