



A New Normal Adjusting to Change

When the winds of change blow, some people build walls and others build windmills. – Chinese proverb



CHANGE IS INEVITABLE

Coping with change can be overwhelming, especially for elderly adults who often experience multiple changes at one time including:

- Death of a loved one
- Loss of a home/moving to an Assisted Living Community or Skilled Nursing Facility
- Giving up a Driver's License & loss of independence
- Decreased ability to care for oneself
- Experiencing financial hardship
- Having a new medical condition/diagnosis





The Rizzi Difference
RIZZI MENTAL HEALTH ASSOCIATES

Newsletter

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TIPS TO HELP YOU COPE WITH CHANGE:

- Focus on the things you're grateful for. Try making a list of what you are grateful for today.
- Acknowledge and express your feelings. Don't deny what you're going through. Find healthy ways to process your feelings. Speak to a close friend or try writing in a journal.
- Accept the things you can't change. Many things in life are beyond our control. Try to focus on the things you can control such as the way you choose to react to problems. Facing your limitations with a healthy dose of humor goes a long way!
- Look for the positive. As the saying goes, "What doesn't kill us makes us stronger." When facing major challenges, try to look at them as opportunities for personal growth.
- Take daily action to deal with life's challenges. Ignoring the problem doesn't make it go away; it allows both the problem and your anxiety to build. Try to take things one small step at a time. Even a small step can go a long way to boosting your confidence and reminding you that you are not powerless.

PLEASE REMEMBER: DEPRESSION IS NOT A NORMAL PART OF AGING

The difficult changes that older individuals often face—such as the death of a spouse, moving, or medical problems—can lead to depression, especially if you don't have a strong support system. Depression is not a normal or necessary part of aging. If you are experiencing depression, Rizzi Mental Health Associates are here to help. We want to help you get back to enjoying your golden years.



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We are honored to care for you!

www.TheRizziDifference.com
