

HEALTHY COPING STRATEGIES

Emotional and Social Support with Arosa

Introduction

Aging can bring both physical and emotional challenges. We often face stress, anxiety, and social isolation, which can affect our overall well-being.

At Arosa, we understand the importance of emotional health in maintaining a high quality of life. Our Care Management and In-home Caregiving services are designed to provide not only physical support but also emotional and social care that helps seniors thrive.

Understanding the Importance of Emotional Support

As we age, we may experience feelings of loneliness, anxiety, or depression. Studies show that having strong emotional support can improve mental health and promote longer, healthier lives.

Adults who have access to emotional care and social engagement are less likely to suffer from severe anxiety or depression.

*(National Institutes of Health (NIH))

Healthy Coping Strategies

1. Establishing Routine

Arosa can assist in helping maintain a consistent daily routine which can greatly reduce stress and anxiety. Arosa's caregivers assist with creating schedules that include both essential activities and moments of joy, like hobbies or social visits.

2. Mindfulness & Relaxation

Practicing mindfulness and relaxation techniques, such as deep breathing or light meditation, helps calm the mind and reduce stress. Our care team incorporates these techniques into daily care routines to help folks stay mentally balanced.

3. Physical Activity

Engaging in light exercise, such as walking or stretching, can improve both physical and mental well-being. Our caregivers encourage safe, age-appropriate exercises that help seniors stay active and reduce feelings of restlessness or stress.



Arosa Can Help

PROFESSIONAL CARE MANAGEMENT

- Personalized care plans
- Local industry experts
- Coordination of services & resources
- Professional advice & on-going support

ONE-ON-ONE CAREGIVING

- Compassionate
- Individualized care
- Companionship
- Assistance with activities of daily living.

Benefits

1. Reduced stress and anxiety
2. Enhanced social engagement
3. Care tailored to the unique emotional, physical, and social needs of each individual

[*https://www.nia.nih.gov/news/adopting-healthy-habits-what-do-we-know-about-science-behavior-change](https://www.nia.nih.gov/news/adopting-healthy-habits-what-do-we-know-about-science-behavior-change)



(866) 462-7672
startcare@arosacare.com

If you or a loved one could benefit from emotional and social support, contact Arosa today to learn more about how our Care Management and Caregiving services can help improve emotional well-being.