



# Fall Into Resilience: Caring for Mind + Body *Together*.

## What is *resilience*?

Resilience is the ability to adapt, stay strong, and maintain well-being—both emotionally and physically. For older adults, **resilience is built through small daily habits that reduce stress, strengthen the body, and create confidence in everyday life.**

## 5 Ways to Build Resilience This Fall

### Stay Active

Gentle activities like walking, stretching, or chair yoga **keep the body flexible and lift the mood.**

### Keep Connected

Talking with friends, family, or neighbors **reduces stress and helps prevent feelings of isolation.**

### Practice Gratitude

Take a few minutes each day to **reflect on what you're thankful for—**it supports emotional balance.

### Follow Routines

Regular daily patterns (mealtimes, exercise, sleep) **provide structure and a sense of purpose.**

### Rest & Recharge

Quality sleep restores energy, supports memory, and **protects heart health.**

# Why It Matters in Aging



Builds strength to recover from illness or transitions.



Reduces caregiver stress and emotional fatigue.



Improves confidence in daily living.



## How Arosa Helps:

At Arosa, we know resilience doesn't come from one habit alone—it's the **combination** of caring for the whole person.



**Compassionate Caregivers** bring consistency, joy, and trust into daily life.



**Care Managers** support families with emotional guidance and medical coordination.



**Integrated Care Plans** weave together physical, emotional, and social well-being.



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