

### 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 BuildResilience 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.



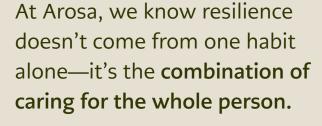
Reduces caregiver stress and emotional fatigue.



Improves confidence in daily living.



## How Arosa Helps:





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.





866-462-7672 www.arosacare.com startcare@arosacare.com