

A Holistic Approach to Mental Health in Senior Living

Summit Place strengthens mental well-being through a rich activities calendar, encouraging physical wellness, and nourishing meals that support the body and mind. Residents here feel grounded in a pet-friendly community, enjoy maintenance-free living, and spend time in outdoor spaces designed to ease stress.

As per the World Health Organization, about [14% of adults](#) 70 and older live with a mental health condition. A community with a **holistic approach to mental health** protects seniors from many of the pressures that lead to those struggles.

Glassboro, NJ, has peaceful neighborhoods and nearby parks like Elsmere Park with its gentle walking trail. Residents enjoy peaceful strolls and steady fresh air, creating a steady, calming routine that supports strong mental health.

What Are the Mental Health Issues of the Elderly?

Older adults often face mental strain when dealing with **health issues, fewer social ties, and major life changes**. The strain manifests through mood shifts, sleep problems, or a loss of interest that creeps into everyday life. Some of the most common mental health challenges in older adults include:

- Depression
- Anxiety
- Dementia

A supportive senior living community encourages [healthy aging for seniors](#) by giving you routine, connection, and steady guidance when you need it.

What Activities Improve Mental Health for Seniors?

Participating in activities that spark interest and keep your mind engaged strengthens your mental health. Following seasonal mental health tips further helps you stay balanced as seasons change. Some activities that you can do to enhance your mental health include:

- Daily walks
- Creative projects
- Joining social groups
- Light exercise

Engaging in activities that give you purpose and steady social contact helps your mind stay strong as you age. At Seaton Summit Place, you find support that keeps these habits part of your everyday life.

What Are the Signs of Poor Mental Health in the Elderly?

Older adults often show mental strain through clear ***shifts that stand out from usual patterns***. You may see early signs such as:

- Social withdrawal
- Sleep changes
- Loss of interest in hobbies
- Loss of appetite

When you notice these changes, speak up and get the help you need to guide you back to balance. With emotional care in assisted living, you receive the support you need to work through tough periods and feel more settled.

How Summit Place Supports Holistic Mental Wellness

You strengthen your mental health when your daily life includes structure, connection, and support you can count on. Summit Place strengthens these parts of your well-being

through:

Engaging Activities Calendar

Our community, offering assisted living in Glassboro, NJ, has a full calendar designed to keep you active and socially engaged. You can take part in meaningful activities such as:

- Arts and crafts
- Bingo
- Live entertainment
- [Line dancing](#)
- Community outings

Physical Fitness

Staying physically active ***supports strength, balance, and clearer thinking***. You can keep your body engaged through [simple exercises](#) such as:

- Walking
- Chair exercises
- Light stretching
- Yoga

As part of our **holistic approach to mental health**, we encourage residents to take part in routines that keep the body moving and the mind active each day.

Quality Dining and Nutrition

Food supports mental health by giving the brain steady fuel and keeping blood sugar balanced for sharper thinking. To ensure assisted living wellness, residents in our community enjoy chef-prepared meals three times each day. You also get access to refreshments to keep your energy up.

All meals are served in ***a restaurant-style setting with attentive table service***. Dining is also a social experience because you share conversations with others and build connections.

Pet-Friendly Community

Pets support mental health by [easing stress](#) and giving you companionship as you move through each day. Many seniors also find it easier to connect with others when a pet becomes a shared point of conversation and interaction.

Our Glassboro senior living community welcomes residents to move in with their pets. We also provide ***pet therapy*** for residents, which helps steady your emotions and brighten your day.

Maintenance- Free Living

Maintenance-free living eases stress because you stop worrying about chores and instead focus on your well-being. Our assisted living community in Glassboro, NJ, supports this by providing the following services:

- Weekly housekeeping
- Weekly laundry
- Apartment maintenance

Outdoor Spaces that Support Mental Health

Spending time outdoors calms your mind and brings a sense of ease to your day. Our courtyards offer comfortable spots to relax, enjoy fresh air, and share quiet moments with neighbors in a peaceful setting. Such moments support [mindfulness for older adults](#) by helping you focus on simple sights and sounds instead of daily worries.

Frequently Asked Questions

How Much Exercise Do You Need To Improve Mental Health?

You need about ***thirty minutes of light to moderate exercise*** most days to improve your mental health. Simple movement like walking or gentle stretching helps your brain release chemicals that lift your mood and clear your thinking. You can break the time into short periods during the day if that feels easier on your body.

How Can You Reduce Loneliness in Old Age?

You reduce loneliness in old age by staying involved with people in ways that feel natural and easy to maintain. Helpful steps include:

- Joining social clubs or community groups
- Taking part in shared meals
- Volunteering
- Calling loved ones

Which Foods Calm the Brain?

Foods that calm the brain include *leafy greens, berries, nuts, fatty fish, and whole grains*. They give your body steady fuel and support healthier brain function.

You think more clearly when you work these foods into simple meals you enjoy each day. You'll also feel more settled when your diet gives you steady energy throughout the day.

Join a Community With a Holistic Approach to Mental Health

Summit Place strengthens senior well-being through engaging activities, strong nutrition, pet companionship, and calming outdoor spaces. Each element works together to create a **holistic approach to mental health** that supports emotional stability.

At Summit Place, *we offer a Fast Track program that allows new residents to move in within 24 hours* when care is needed quickly. Our residents also receive care from staff trained to help with bathing, dressing, and medication management. [Contact us](#) to experience senior living built around complete mental well-being.