



# FAMILIES

TACKLING TOUGH TIMES

# TOGETHER



FAMILY

OLDER ADULTS

## We Can Get Stronger! Transcendence and Spirituality

Exploring and sharing our beliefs and cultural heritage can foster spiritual connectedness. This connectedness can build resilience by offering us meaning and purpose beyond ourselves. Spiritual connectedness can be supported in many different ways. It can be found in nature, with animals, and through art, religion or meditation. Spirituality can also promote better physical and mental health, healing, and better acceptance of difficult situations.

### Practicing Mindfulness

Mindfulness has many benefits. It can reduce depression and pain, keep our minds sharp, and decrease loneliness. Mindfulness also encourages us to be aware of our thoughts and feelings in the moment. Through mindfulness activities we can also shift focus, reflect, and find acceptance.

#### *Mindfulness Activities*

Mindfulness can be practiced in many different ways. You can practice mindfulness through stretching your body, deep breathing, meditation and using aromatherapy. While practicing a mindfulness activity, concentrate on relaxing and focusing on stress relief. Try a [10-minute gratitude meditation](#) to reflect on all the gifts in your life. You may also wish to read more about [building a spiritual life during COVID-19](#).

### Finding Connection through Nature

Connectedness through nature is one way to promote psychological and spiritual resiliency. Watching and helping things grow can give us a sense of control. Some of the mental health benefits of connecting to nature include mood improvement, reduced stress and anxiety, and improved self-esteem.

#### *Nature Activities*

**Gardening** is a great form of physical activity and can be especially helpful for those with dementia. Whether you are new at it or an expert, gardening can connect you to nature. Caring for houseplants can be done as an alternative to gardening if you do not have outdoor space.

- [Start an indoor vegetable garden: growing vegetables indoors made easy](#)
- [How to grow a quarantine garden when you're tight on space](#)
- [Going Green: 5 Easy to Grow Plants for Seniors](#)
- [This is a Good Time to Start a Garden. Here's How - Video](#)

**Planting a tree** can be done to honor a loved one and provide comfort to those who have experienced loss. It can bring your family together, connect future generations, and provide benefits to the planet that outlive you. You may wish to plant a tree yourself or go through an organization, such as the [Arbor Day Foundation](#).

To learn more about the science behind the benefits of meditation and gardening for older adults, you may wish to read the below research:

- [The potential effects of meditation on age-related cognitive decline: a systemic review](#)
- [Gardening is beneficial for health: A meta-analysis](#)
- [Gardening as a mental health intervention: a review](#)