

WOMEN'S MENTAL HEALTH: AGING, CONNECTION, AND EMOTIONAL WELL-BEING



LONELINESS IMPACTS EMOTIONAL AND PHYSICAL HEALTH.

Social connection and group-based mental health care can reduce isolation and help women feel understood and supported.

CAREGIVERS NEED CARE TOO.

Women who care for others often put their own mental health last, increasing the risk of burnout and emotional exhaustion.

- **Take breaks without guilt.** Rest is a necessity
- **Stay connected.** Regular social interaction can reduce stress and feelings of isolation.
- **Care for yourself as you care for others.** Your mental health matters too.



2X

WOMEN ARE TWICE MORE LIKELY THAN MEN TO EXPERIENCE DEPRESSION IN THEIR LIVES



20%

ADULTS ARE IMPACTED BY ANXIETY DISORDERS, WITH WOMEN SIGNIFICANTLY MORE LIKELY TO BE AFFECTED



25%

OF WOMEN 65 AND OLDER LIVE ALONE, INCREASING RISKS OF LONELINESS AND ISOLATION



40-70%

OF FAMILY CAREGIVERS SHOW SIGNS OF DEPRESSION, WITH WOMEN REPORTING HIGHER LEVELS OF STRESS THAN MEN

MENTAL HEALTH IS NOT A NORMAL CASUALTY OF AGING.

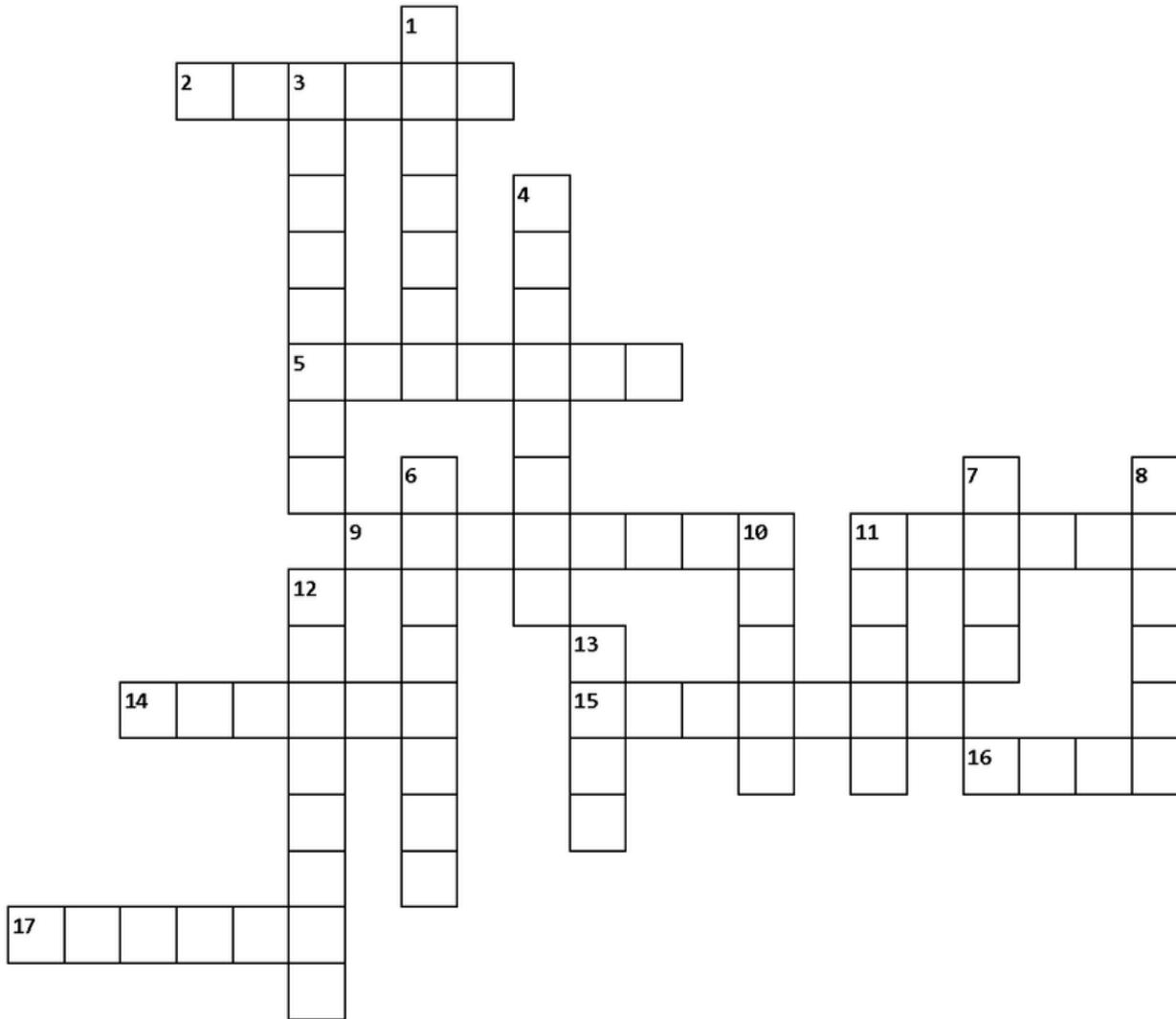
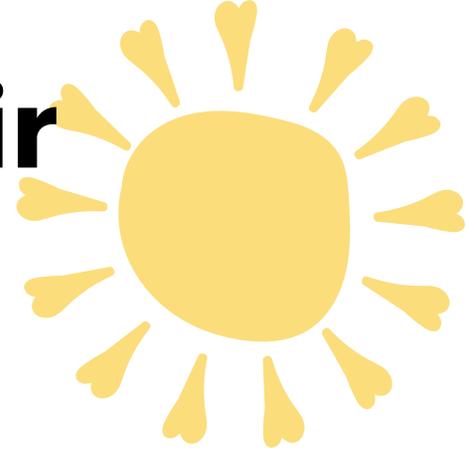
Depression and anxiety are common but treatable at any age, and support can improve quality of life and independence.



Loneliness has been linked to a higher risk of depression, anxiety, cognitive decline, and chronic health conditions in older adults.

Sources:
National Institute of Mental Health
Centers for Disease Control and Prevention
Family Caregiver Alliance

Crossword - Spring in the Air



Across

2. space where plants are grown
5. seasonal reaction many feel in spring
9. footwear often needed in spring
11. gentle spring wind
14. outdoor meal as weather warms
15. day and night are equal in length
16. when ice or ground warms and melts
17. powder released by flowers

Down

1. feeling of fresh starts in spring
3. frequent spring weather event
4. sound birds make in spring
6. spring outerwear for wet days
7. birds build this in spring
8. grassy open field with wildflowers
10. popular spring flower
11. a flower opening in spring
12. longer daylight after winter
13. small beginning of a plant

