

Mental and Emotional Well-Being



Many older adults find themselves feeling lonely, isolated, or lacking a sense of purpose. This can strain mental and emotional health, leading to health conditions such as anxiety and depression.*

To help address these issues, it can be useful to employ a holistic approach to wellness. This means recognizing that emotional and mental health are just as important as physical health, and that all three are interconnected.

For many older adults, an assisted living community can provide an environment to thrive. Living among peers with similar interests can restore a sense of belonging. The presence of trained, reliable associates can instill a sense of security. And access to classes and events can spark curiosity, passion, and bring about a renewed sense of purpose.

A Helping Hand Ready When You Are

At Watermark, our residents lead enriching and rewarding lives with confidence. Enjoy total peace of mind knowing that expert care is always just a moment away, allowing you to focus on the things that matter most to you.



Scan the QR code to learn more about extraordinary senior living at Watermark Retirement Communities®.



* Centers for Disease Control and Prevention and National Association of Chronic Disease Directors. (2008). The State of Mental Health and Aging in America: Issue Brief 1. CDC. https://www.cdc.gov/aging/pdf/mental_health.pdf