

A serene winter landscape featuring a snow-covered mountain peak in the background, a dense forest of evergreen trees in the middle ground, a small wooden cabin nestled among the trees, and a stream flowing through a snow-covered valley in the foreground. The sky is filled with dramatic, cloudy light.

Being Wise and Well

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Coping with chaos

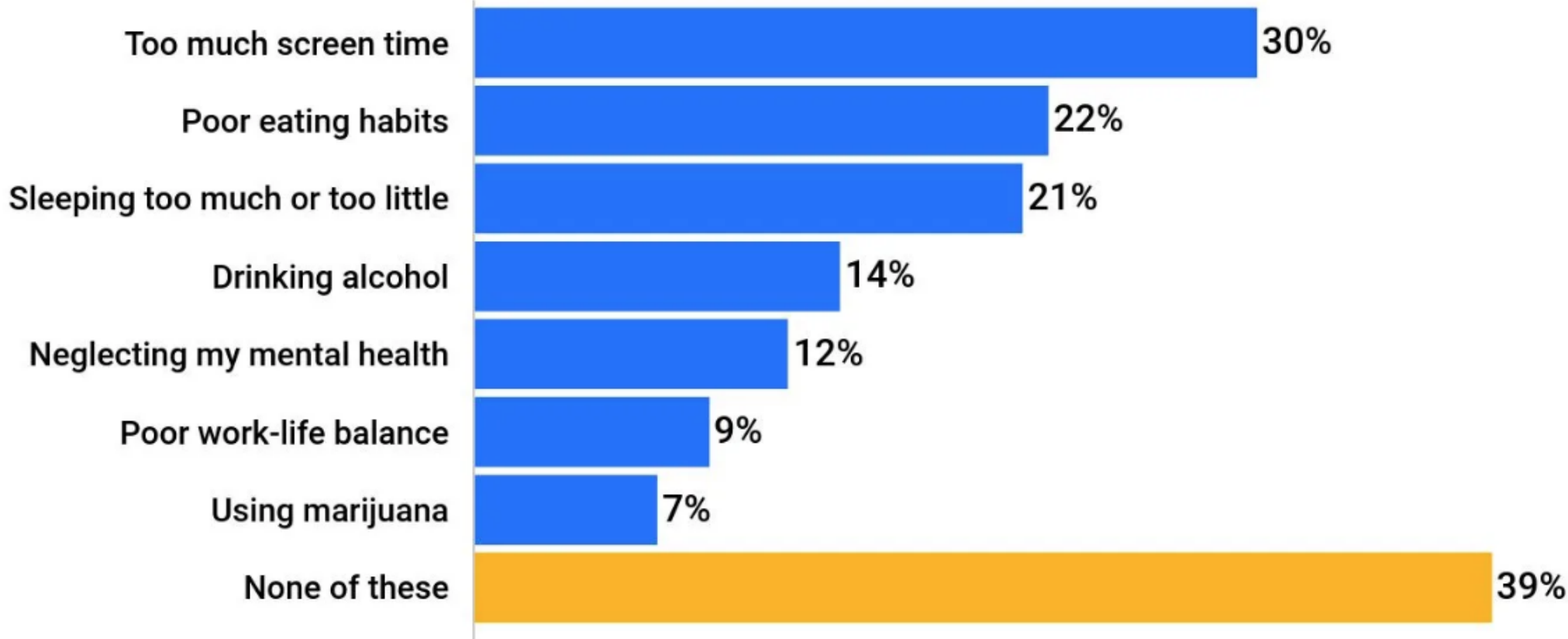
Bad habits

Good habits

Resiliency

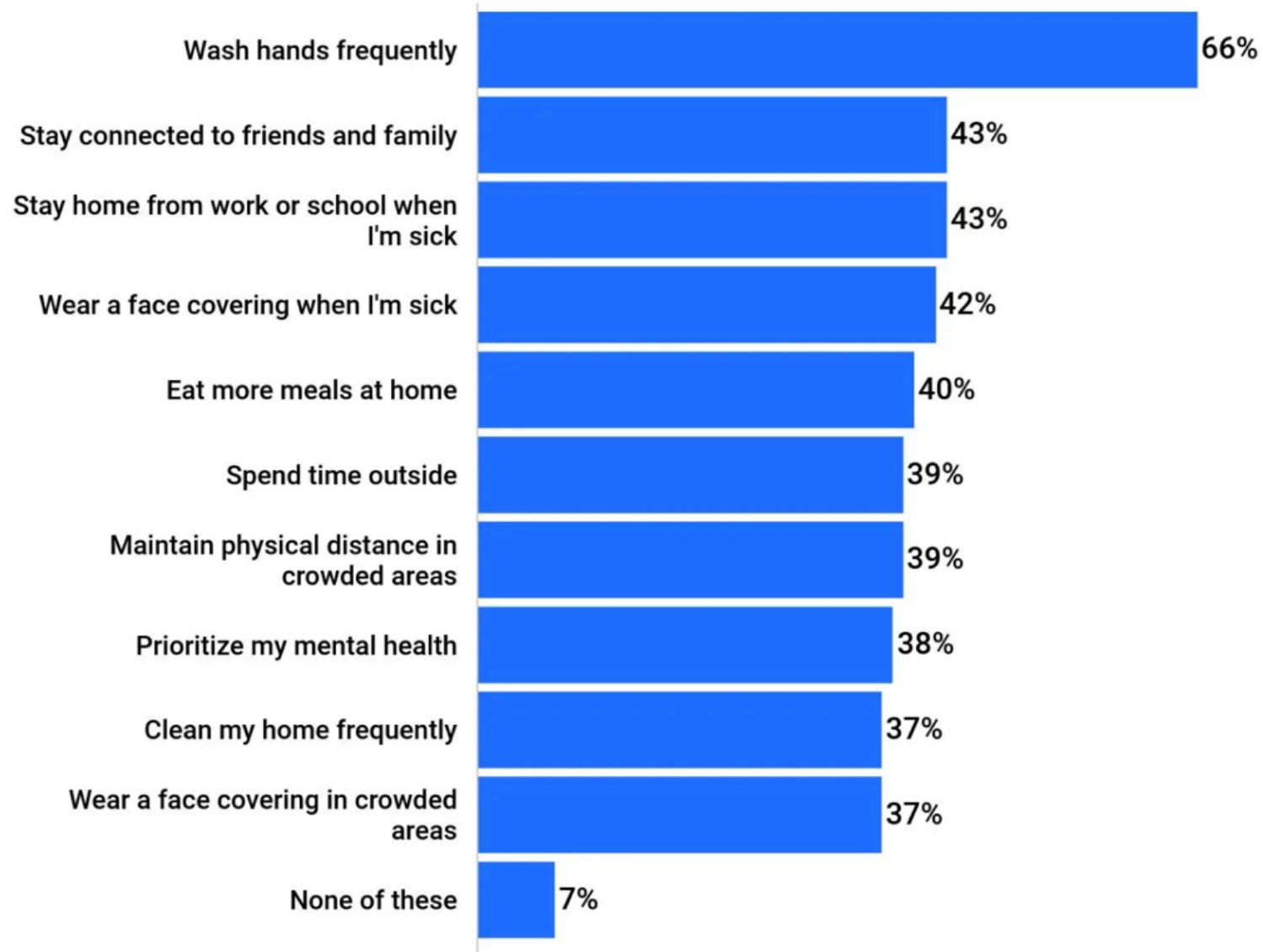
Humor

Are there any unhealthy habits you developed during the pandemic that you want to work on?



Source: ValuePenguin survey of 1,025 consumers conducted July 1-8, 2021. Respondents could select multiple answers if applicable.

Healthy habits Americans plan to continue post-pandemic



Source: ValuePenguin survey of 1,025 consumers conducted July 1-8, 2021. Respondents could select multiple answers if applicable.



Good habits: how to keep them

- Be consistent
- Get outside
- Make time for the things that matter
- Prioritize your health

Resiliency

What is it?

Resiliency

- Positive and realistic outlook
- Moral compass
- A belief in something greater than themselves
- Altruism
- Accept what cannot be changed and focus on what can
- Have a mission, a meaning, a purpose
- Have a social support system



Humor

Importance of socialization

Negative health effects of isolation on the senior population

Hypertension

Coronary artery disease

Congestive heart failure

Depression

Anxiety

Dementia

Importance of socialization in the senior population

- Improved mental health
- Sense of belonging
- Increased self esteem
- Accountability
- Purposeful living

The background of the image is a dense field of dark, jagged, charcoal-like particles. These particles are irregular in shape and size, with some showing lighter, possibly white or grey, mineral inclusions. The overall appearance is that of a pile of crushed coal or a similar dark, granular material. The lighting is somewhat uneven, with slightly brighter areas towards the center and darker tones towards the edges, creating a sense of depth and texture.

Normalizing mental health



1 in 5 U.S. adults experience mental illness

1 in 20

1 in 20 U.S. adults experience serious mental illness

17%

of youth (6-17 years) experience a mental health disorder

12 MONTH PREVALENCE OF COMMON MENTAL ILLNESSES (ALL U.S. ADULTS)



12 MONTH PREVALENCE OF ANY MENTAL ILLNESS (ALL U.S. ADULTS)



Why normalize mental health?

Not taking care of your mental health can be costly

- Individual
- Family
- Community
- World

A close-up, macro shot of dark, shimmering sand. The sand grains are highly reflective, creating a dense field of bright, multi-colored bokeh spots (iridescence) against a dark background. The sand is piled into a low, rounded mound in the center of the frame. Overlaid on this mound is the text "How do we normalize mental health?" in a clean, white, sans-serif font.

How do we normalize mental health?

The background of the image is a dense field of dark, jagged, charcoal-like particles. The particles are irregular in shape and size, with some showing lighter, greyish-white highlights, possibly due to reflections or mineral inclusions. The overall texture is rough and granular.

How mental health impacts
finances for retirees

Early Childhood
autonomy vs. shame and doubt

Preschool
initiative vs. guilt

Infancy
trust
vs.
mistrust

School Age
industry
vs.
inferiority

**Stages of Psychosocial
Development**

Maturity
ego integrity
vs.
despair

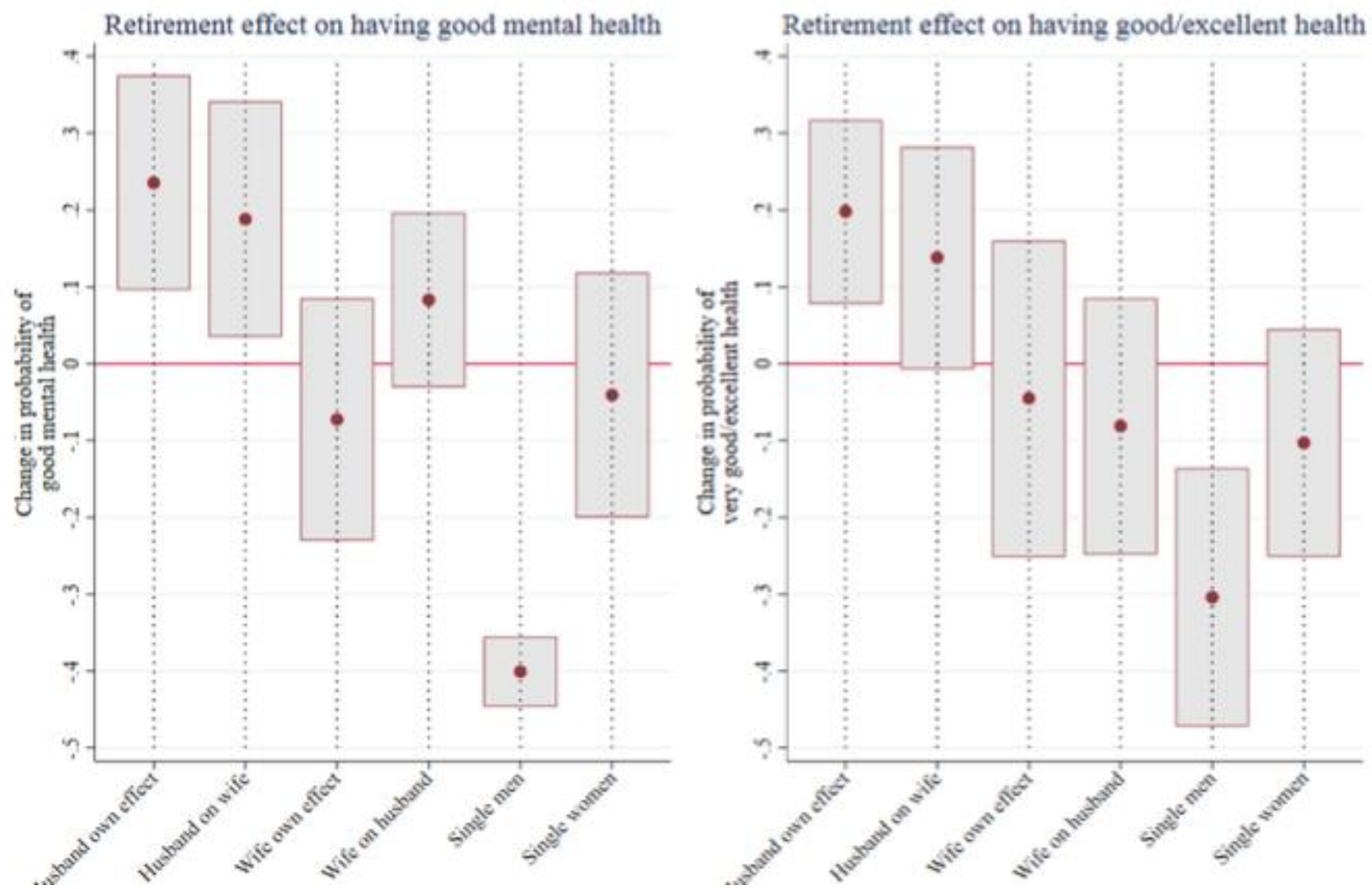
Adolescence
identity
vs.
role confusion

Middle Adulthood
generativity vs. stagnation

Young Adulthood
intimacy vs. isolation



Figure 2 Retirement effect on mental health and self-reported health



A winter landscape featuring a large, snow-covered mountain peak in the background. The foreground is dominated by a stream flowing through a snowy field, with evergreen trees heavily laden with snow. A small wooden cabin is visible in the middle ground, nestled among the trees. The sky is filled with dramatic, dark clouds, suggesting a sunset or sunrise.

Questions?

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