8 Steps to Help Seniors Manage Their Emotions

It can be challenging to watch long-term care residents suffer from feelings of anger. There are ways your facility can provide a safe, healthy environment for those going through a difficult period.

Here are 8 steps your facility can take to support residents:

1. **Encourage Staff to Acknowledge Residents' Feelings:**
   Help give people a way to express themselves, which can help them calm down.

2. **Foster a Culture of Tolerance:**
   Encourage residents to put themselves in others' shoes before passing judgment about how they're feeling or reacting.

3. **Provide Space:**
   Remind staff and residents to allow an angry person to walk away from a situation if they feel like they're losing control.

4. **Create a Positive Environment:**
   Work to establish a facility where residents and staff maintain optimism and focus on people's positive attributes.

5. **Provide Opportunities to Practice Deep Breathing:**
   Yoga class and other activities can help tackle stress and relieve tension.

6. **Recommend Residents talk to their Physician:**
   Suggest they talk to their doctor about treatment that may alleviate their symptoms.

7. **Suggest Periodic Medication Review:**
   Recommend that residents have their medications reviewed for negative side effects such as feelings of anger.

8. **Professional help is Available:**
   Mental health experts who focus on anger management can be particularly helpful.

Since anger can be triggered by many circumstances, including changes in mental or physical abilities, alcohol use, pain, mental health issues, dementia, financial stress, or medication, most long-term care residents will experience it at some point during their stay. You can help residents manage their anger and the impacts it can have on their health and well-being.

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