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# Embracing lifestyle medicine

## Stress management for seniors: A key to longevity and well-being

By Dr. Raj Kalra

Stress is a natural part of life, but as we age, its effects can become more pronounced. Left unchecked, chronic stress can contribute to high blood pressure, weakened immunity, cognitive decline, and an increased risk of heart disease and dementia. However, managing stress in a healthy way can lead to improved quality of

life, greater emotional well-being, and even increased longevity.

As we get older, stress can come from a variety of sources — changes in routine, health concerns, or feelings of isolation. While some stress is unavoidable, the way we respond to it makes all the difference. Building resilience and incorporating habits that promote relax-

ation can help counteract its negative effects. Simple lifestyle choices, such as regular movement, social connection, mindfulness, time in nature, and quality sleep, all play a role in reducing stress and supporting long-term health.

Physical activity is one of the most effective ways to

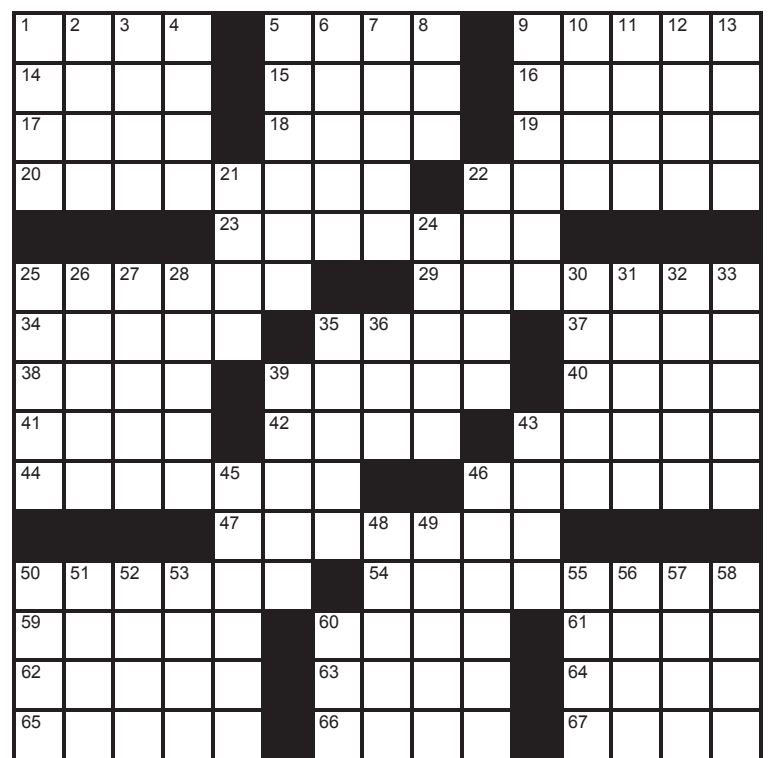
Continued on page 7

# Puzzles in the Press by Steve O'Rourke

## Calculating San Mateo County routes

### Across

- With 5 across and then 60 down: San Mateo County town that is 13 miles west of San Mateo
- See 1 across
- Three-stringed instrument played with a bow
- Small sewing case
- Teen's woe
- Resin found in fuel emissions
- Lay about
- \_\_\_\_\_ la vie
- Start of a Beatles song title
- San Mateo County town that is 18 miles north of Menlo Park
- Attractive
- San Mateo County town that is 6 miles due south of Pacifica
- Keep
- With 11 down: San Mateo County town that is 21 miles south of Colma
- Brokovich and Burnett
- Verbal barb
- Woody's son
- Broadway musical and 1974 movie
- Infield fly rule may apply with this
- Increase
- Late character actor Roscoe
- Yoko's family
- Stones Lyric: "I can't \_\_\_\_\_ ....."
- \_\_\_\_\_ Valley: San Mateo County town that is 18 miles south of San Mateo
- Collar
- San Mateo County town that is 12 miles west of Woodside
- With 11 down: San Mateo County town that is 14 miles south of South San Francisco
- San Mateo County town that is 20 miles north of Menlo Park
- Dramatic Scarlet
- Actor Scott who played



### "Chachi"

- Hard stuff
- Droid
- Inuit word for a seal's breathing hole in the ocean ice
- 1994 Jodie Foster film
- Guess Who tune: "\_\_\_\_\_ Eyes"
- Give birth to a little lamb
- With 11 down: San Mateo County town that is 33 miles north of San Gregorio

### Down

- Captain's place
- Yours in Cannes
- Break in the action
- Satiate
- French president
- It borders the west side of San Mateo County
- Beginning
- Take home
- Prepare another shot
- Kind of school: abbr.
- \_\_\_\_\_ noir: scary thing
- Early movie actor Jannings
- It follows 26, 50 and 67 across
- Certain measures of obesity, or lack thereof
- He'll give you the heebie jeebies
- Photographer Diane
- Gerrymander

- Poetry muse
- Kitchen device
- Kilmer: "\_\_\_\_\_ of robins..."
- Gamble
- Take to the soapbox
- Actress Lena and family
- "\_\_\_\_\_ pass go"
- He had a whale of a time
- Important date for a young company
- Word before bear of express
- Seize
- Olive oil component
- "Blind" in "eyesight for the blind"
- Amerind tribe of the Great Plains
- \_\_\_\_\_ lie: expose a fraud: two words
- Protected place
- Gulp!
- Quien \_\_\_\_\_: who knows in Seville
- Court directives to stay away
- Peel
- Main substance in liquid animal waste
- Ex-Steeler coach Chuck
- Merely
- See 1 across

Answers on page 7

## Stress Management – continued from page 4

manage stress. Exercise has been shown to regulate cortisol, the body's primary stress hormone, while also boosting mood and overall well-being. Activities that encourage movement in a gentle and enjoyable way can have a significant impact. Staying active not only supports physical health but also provides a sense of purpose and connection.

Equally important is maintaining strong social ties. Studies show that staying socially engaged can improve emotional resilience and cognitive health. Whether through community involvement, time spent with loved ones, or participation with others in shared interests, meaningful interactions help reduce stress and promote a sense of belonging.

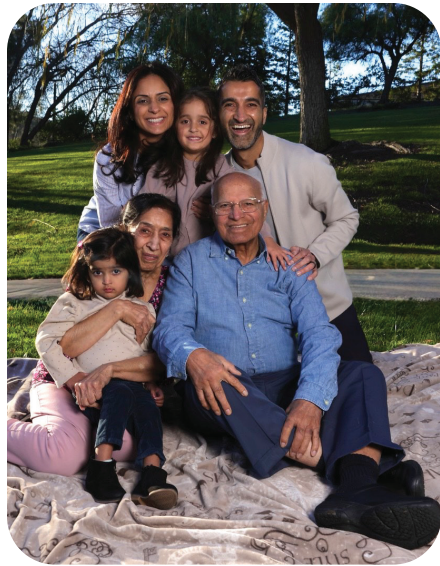
Mindfulness and relaxation techniques are also valuable tools in managing stress. Practices such as meditation, deep breathing, and journaling can help cultivate a sense of calm and perspective. Taking a few moments each day to be present, breathe deeply, or focus on gratitude can have a profound effect on overall well-being.

Spending time in nature has also been shown to lower stress levels and promote relaxation. Whether it's a walk outdoors, quiet time in a garden, or simply enjoying fresh air, being in natural surroundings can help clear the mind and improve mood.

Another key factor in stress management is sleep. Poor sleep can increase stress levels and negatively impact overall health. Establishing a consistent bedtime routine, limiting screen time before bed, and finding relaxing evening activities all contribute to better rest and a more balanced state of

mind.

Managing stress is not about eliminating challenges but about adopting healthy ways to navigate them. Small, intentional changes in daily routines can make a significant difference in how stress is experienced and processed. Taking the time to prioritize well-being through movement, connection, mindfulness, and rest can lead to a



Source: Dr. Raj Kalra

Dr. Raj Kalra, a physician, and Dr. Nisha Kalra, a dentist, with their daughters Indie and Liya, alongside Raj's parents, Om (87) and Darshan (84), representing three generations focused on health and well-being.

healthier, more fulfilling life.

*Dr. Raj Kalra is a board-certified physician specializing in physical medicine and rehabilitation, pain medicine, lifestyle medicine, and obesity medicine. Dedicated to helping seniors live healthier, more fulfilling lives, he advocates for lifestyle-based approaches to aging well. As the founder of Aroha Memory Care, he is committed to fostering a compassionate, wellness-focused community where seniors can thrive with confidence and purpose. Learn more at [www.arohamemorycare.com](http://www.arohamemorycare.com).*



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## Answers from page 4

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