

HEALTH ISSUES IN RETIREMENT

BY

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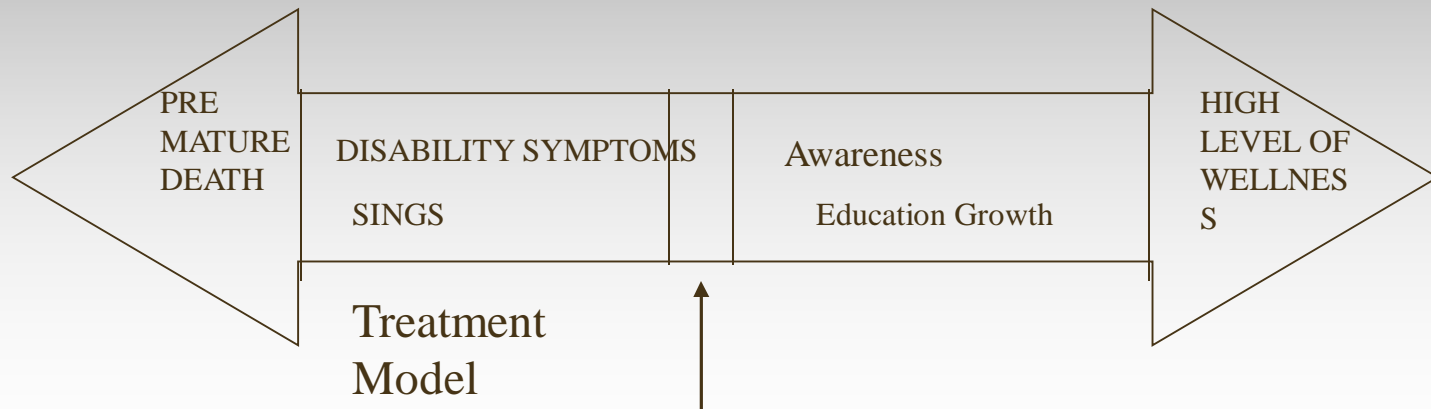
DEFINATION OF HEALTH

It's the Biological, psychological, social/
cultural and spiritual well being.

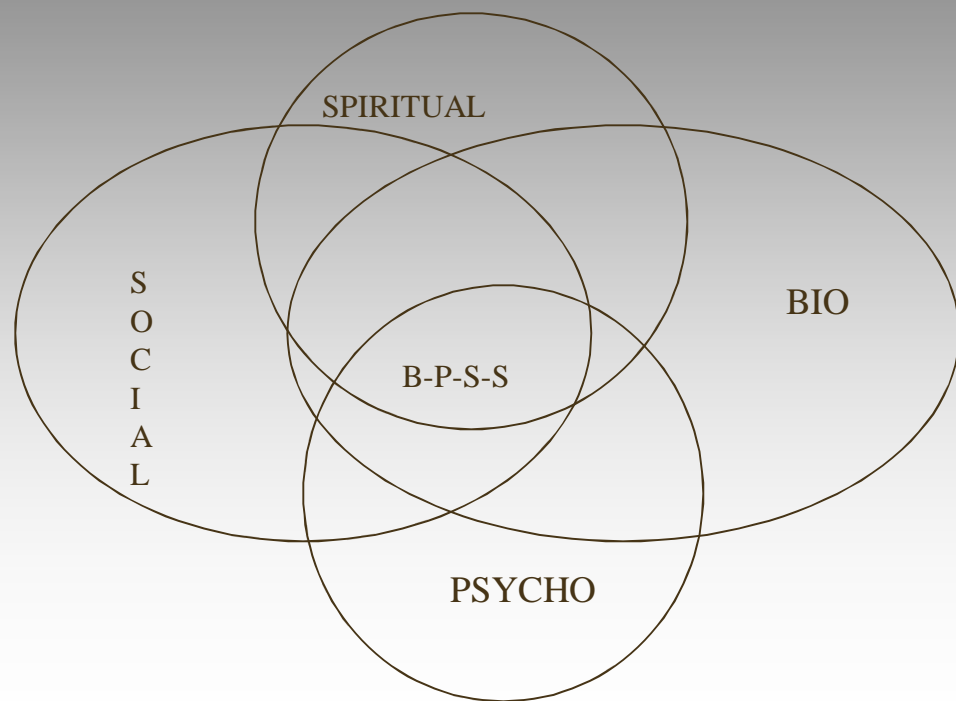
Achieved by:

- i. Preventive and maintenance
- ii. Curative and maintenance

ILLNESS/WELLNESS CONTINUM



Neutral Point (No discernible illness or wellness)



Aims of healthy living

- “ Foster good health
- “ Prevent disease occurrence
- “ Minimize its intensity in case it occurs
- “ Know how to live a fulfilling life even though the disease has occurred.

Probable Health Changes are:-

- 1. Mental/psychological changes .
(Negative thought processes emanating from perceptions) may lead to;**

2. Sensory problems e.g. eye problems, hearing etc
4. Circulatory e.g. high blood pressure
5. Lung and heart problems
5. Bone changes
6. Joint changes
7. Menopause
8. Weight problems
9. General body functioning problems

Methods of preventing/improving individual health

- 1. Maintain a healthy mind (HAS BEEN COVERED)**

2. Exercise

- ❖ It is medicine for mind, body and soul
- ❖ It maintains body rhythms
- ❖ Improves sense of well being
- ❖ Enhances sleep - rest

How

- ❖ Brisk walk for 30 minutes daily
- ❖ Simple house exercises
- ❖ Deep breathing

Cont..

- “ 3, Good balanced diet and in addition;
- “ Eating natural products/foods
- “ More plant foods
- “ Whole foods
- “ Unprocessed foods
- “ Liquid oils in place of solid fats
- “ Plenty of water

Seeking Medical Help

- ❖ Maintaining general hygiene
- ❖ Routine check ups
- ❖ Seek treatment when unwell
- ❖ Follow doctors advice and ask questions
- ❖ Complete your medications

Summary

- ❖ You can grow older gracefully
- ❖ You can enjoy a good healthy life.
- ❖ To achieve this, you must adopt healthy habits, rid yourself of harmful habits, maintain positive attitude and improve your self esteem.