



Emotional Wellness in Aging: Navigating Relationships with Adult Children

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DESCRIPTION

Growing old is a natural and inevitable part of life. However, it can also bring many challenges and difficulties, especially for those who have to cope with the absence of their children. Many older adults experience loneliness, depression, anxiety, and other mental health problems when their children leave them far away, either for work, education, or personal reasons. This can affect their emotional wellness and quality of life. Emotional wellness is defined as the ability to cope with stress, express emotions, and maintain positive relationships with others.

It is an important aspect of overall well-being and happiness because emotional wellness can help older adults to deal with the changes and losses that come with aging, such as declining physical health, reduced mobility, bereavement, and social isolation. However, emotional wellness can also be compromised by the effects of children leaving their parents far away. According to some studies, parental separation can cause intense fear, panic, grief, depression, helplessness, and hopelessness in children. These negative emotions can also affect the parents who are left behind, especially if they have a strong attachment and dependence on their children. Parents may feel abandoned, and guilty for not being able to keep their children close. They may also worry about their children's safety, well-being, and happiness in a distant place.

Moreover, parental separation can disrupt the social and emotional support that parents and children provide to each other. Parents may lose their main source of companionship, care, and comfort. They may also feel lonely and isolated from their children's lives and experiences. Children may lose their main source of guidance, advice, and encouragement. They may also feel guilty and conflicted about leaving their parents alone. These negative effects of parental separation can have serious consequences for the emotional wellness of older adults. They can increase the risk of developing mental disorders such as depression, anxiety, substance abuse, and suicidal ideation. They can also impair the cognitive function, physical health, and life satisfaction of older adults. Therefore, it is essential to promote

emotional wellness among older adults who are separated from their children far away.

- Maintain regular communication with the children. Technology can facilitate this by providing various means of contact such as phone calls, video calls, text messages, emails, and social media. Communication can help parents and children to stay connected share their feelings and thoughts, offer support and comfort, and celebrate special occasions.
- Seek social support from other sources. Parents can reach out to other family members, friends, neighbors, or community groups who can provide them with companionship, care, and assistance. They can also join activities or clubs that interest them and help them to meet new people and make new friends.
- Engage in positive activities that enhance well-being. Parents can pursue hobbies or passions that bring them joy and fulfillment. They can also volunteer for causes that they care about and contribute to society. They can also practice self-care by eating well, exercising regularly, sleeping enough, and relaxing.
- Seek professional help if needed. Parents should not hesitate to consult a doctor or a therapist if they experience persistent or severe symptoms of mental distress such as sadness, hopelessness, anxiety, insomnia, or substance abuse. They should also be open to receiving treatment such as medication or psychotherapy if recommended by the professionals.

CONCLUSION

Parents should not view aging as a negative or hopeless process but rather as an opportunity to grow and learn from their experiences. They should also not view parental separation as a permanent or tragic loss but rather as a temporary or manageable challenge. They should focus on the positive aspects of their lives such as their achievements, strengths, values, and goals. Emotional wellness is vital for older adults who are separated from their children far away. By following these suggestions, they can cope with the challenges of parental separation and maintain a healthy and happy emotional state.

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