LGBTQ Older Adults Managing Emotional and Mental Well-being

Experiencing the pandemic has had a negative emotional impact on most of us. This study illuminates where LGBTQ older adults are emotionally right now and how they are managing their emotional and mental well-being.

Most LGBTQ older adults ages 50+ rate their emotional and mental well-being high.

- 1 in 2 rate emotional health high
- 1 in 3 rate physical health high
- 1 in 2 rate mental health high

But many say it has been hard to manage negative emotions over the past year.

- Feeling anxious about things: 51% several days, 18% half the days or more
- Difficulty falling asleep or staying asleep: 37% several days, 25% half the days or more
- Little interest or pleasure in doing things: 38% several days, 14% half the days or more
- Feeling down, depressed, or hopeless: 29% several days, 14% half the days or more

Issues causing anxiety: COVID, Domestic policies/Political issues, Family relations, Finances/Cost of living/Economy, Personal health, Russia/Ukraine War

“I think there is some frustration, some anxiety as to not knowing how this is going to pan out ...It has been challenging. It has been difficult.”
– (Sajid, 64)

However, many older LGBTQ adults say they want to improve their emotional and mental well-being by...

- Exercising more: 66%
- Getting more rest: 57%
- Eating a healthier diet: 49%

And they are optimistic about their ability to manage their emotions.

- 61% “I will get better at managing my negative feelings in the next 6 months”

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Mental Health Resources
AARP’s Mental Health Center highlights news and resources for older adults’ mental well-being.
The Disaster Distress Helpline, provides crisis counseling at 1-800-985-5990 or text: TalkWithUs to 66746.

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