



SENIOR WELLNESS TIPS



Learn something new every day. For example learning a new vocabulary word will exercise the brain.

Gratitude. Start and end each day with a meditation of gratitude. Although there are a lot of unknowns right now, there are many things still in your control. Your positive attitude is one of them.

Make sure to move. Even the smallest of movements can help with both physical and mental health!

Set up a “Date” with your family/grandkids. Ask about their lives and how are they coping during this time. Share with them all the new things you have learned to do during this time.

Play a game via Facetime with your loved ones.

Journal. Think of a time you were in a stressful situation and how you survived it. Think of the time you were most happy. Share those feeling on the paper.

You are loved, write a note to those that care for you.

Do arts and crafts:

- Take a deep breath and think of what you are feeling.
- Imagine the feelings with colors, shapes, textures.
- Start putting the emotions on the paper. Make the page colorful.
- Take a pen and paper and answer the following questions:
 1. What do you see on this image?
 2. What is the image trying to tell you?
 3. What would make this image feel a little better?

