



## SENIOR WELLNESS TIPS

### RESIDENTS OF SENIOR LIVING CENTERS

**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?

**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!

