

# KCHS NEWSLETTER

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KCHS.ORG



SCAN THE CODE TO LEARN ABOUT SENIOR LIFE SOLUTIONS



When life gets busy, it's easy to forget about taking care of yourself. But small, regular self-care activities can make a big difference in how you feel, both mentally and physically.

You don't have to spend a lot of money or time to care for your well-being. Just doing one small thing each day can help you feel more balanced, more in control and more connected to yourself and others.

## A WEEK OF SIMPLE SELF-CARE ACTIVITIES FOR BETTER MENTAL HEALTH:

**MON**  
TAKE A 10 MINUTE WALK OUTSIDE

**TUE**  
VISIT WITH SOMEONE YOU CARE ABOUT

**WED**  
DO SOMETHING CREATIVE

**THU**  
DECLUTTER ONE SMALL AREA

**FRI**  
FOCUS ON THE GOOD IN YOUR LIFE

**SAT**  
DO SOMETHING JUST FOR YOU

**SUN**  
REST AND REFLECT ON YOUR WEEK

**GROUP SUPPORT BUILDS ROUTINE AND PURPOSE. REGULAR CONNECTION WITH OTHERS HELPS OLDER ADULTS FEEL HEARD, VALUED AND SUPPORTED AS THEY NAVIGATE LIFE CHANGES.**



**CONNECTION SUPPORTS INDEPENDENCE!**

EMOTIONAL WELL-BEING PLAYS A MAJOR ROLE IN MOTIVATION, DECISION-MAKING AND THE ABILITY TO STAY ENGAGED IN DAILY LIFE.



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## Senior Life Solutions

Kearney County Health Services' **Senior Life Solutions** program is an intensive outpatient group counseling program designed to support older adults facing challenges such as **depression, anxiety, grief or other life changes.**

Through compassionate care and supportive group connections, participants find a place where they feel **understood, encouraged and empowered.** Our outpatient setting allows individuals to receive care while remaining close to home and surrounded by a supportive community.

**Senior Life Solutions is here to help. Contact us at 308-832-3400 OPTION 4.**

You or a loved one could benefit from Senior Life Solutions if any of the following are challenges:

RECENTLY EXPERIENCED A TRAUMATIC EVENT

LOSS OF SPOUSE, FAMILY MEMBER OR FRIEND

LOSS OF INTEREST IN THINGS PREVIOUSLY ENJOYED

CHANGES IN OR LOSS OF APPETITE

DIFFICULT SLEEPING OR CHANGE IN PATTERNS

ENERGY LOSS

LASTING FEELINGS OF SADNESS OR GRIEF

FEELING WORTHLESS OR HOPELESS