

GUIDE TO SELF-CARE FOR GOOD MENTAL HEALTH



Self-care is a critical aspect of maintaining good mental health, especially in today's fast-paced world. It involves taking deliberate actions to nurture your physical, emotional, and mental well-being. Here are some practical tips to help you incorporate self-care into your daily routine:

- Stay Active** - Incorporate physical activities that you enjoy into your daily routine. Whether it's a morning walk, gardening, or joining a local fitness class, staying active keeps both the body and mind healthy.
- Eat Well** - Focus on a balanced diet rich in fruits, vegetables, whole grains, and lean proteins. Stay hydrated and try to limit processed foods and excessive sugar intake.
- Prioritize Sleep** - Ensure you get 7-9 hours of sleep each night. Establish a regular sleep schedule and create a relaxing bedtime routine to improve sleep quality.
- Connect with Others** - Maintain strong social connections by regularly communicating with friends and family. Join community groups, clubs, or volunteer organizations to meet new people and stay engaged.
- Engage in Hobbies** - Pursue hobbies and interests that bring you joy and fulfillment. Whether it's reading, painting, playing an instrument, or exploring nature, hobbies provide a sense of purpose and satisfaction.
- Practice Mindfulness** - Incorporate mindfulness practices such as meditation, deep breathing, or gentle stretching into your daily routine. These activities can help reduce stress and enhance emotional well-being.
- Seek Professional Support** - If you're feeling overwhelmed or struggling with mental health issues, don't hesitate to seek professional help. Therapists, counselors, and support groups can provide valuable assistance and guidance.

Self-care is an essential aspect of healthy aging. By making self-care a priority, older adults can enhance their mental and physical health, improve their quality of life, and continue to thrive.

WE CAN HELP.

Our hospital-based outpatient program is designed to meet the unique needs of older adults experiencing depression and/or anxiety related to life changes that are often associated with aging or a chronic diagnosis. Anyone can make a referral to our program, including self-referrals, provider referrals, or community consultations.

Call us today at