Wellness during COVID-19

Tips and resources to help you take care of yourself

Beat the feeling of isolation

- Try cooking a new dish
- Read a book
- Take a long bath
- Write in your journal
- Catch up on your favorite shows
- Organize your room/closet
- Watch a funny YouTube video
- Write a handwritten letter to someone you love
- Learn something new
- Find crafting ideas on Pinterest
- Call a friend or a neighbor

Keep moving!
Stay healthy!

Walking is good for body & mind.
- You don’t have to go far. Stroll around your yard or your home.

Do strength & balance exercises.
- Sit & Stand & Repeat 5 times
- Stand, hand on wall & lift your leg to the side. Repeat!

If you have access to the internet:
- go to www.youtube.com
- Search for EXERCISES FOR OLDER ADULTS.

Practice mindfulness

Meditate for 5 minutes a day.
- Sit comfortably.
- Relax shoulders, arms & legs.
- Inhale deeply, hold for a few seconds and exhale.
- Repeat as often as comfortable, but shoot for 5 minutes if you can!
- If you need a break in between, sit and think about a fun memory between breaths!

Technology is an outlet

Did you know you can get E-Books and Movies from your local library!
- You just need a library card!
- Call your local branch.
- Ask about HOOPLA or LIBBY.

Call2Talk

Call2Talk is a mental health, emotional support, and suicide prevention program run by Mass211.
It operates 24/7. CALL 2-1-1 OR (508) 532-2255

For mental health and counseling options, consult:

Edmilse Diaz
Elder Community Care Triage Coordinator
508-573-7237 or ediaz@baypath.org