



MAINTAINING WELLBEING



WHY IT'S IMPORTANT TO FOCUS ON WELLBEING DURING SOCIAL DISTANCING

NEGATIVE IMPACTS OF ISOLATION



IMPAIRED DAILY ACTIVITY AND FUNCTIONING PARTICULARLY IN OLDER ADULTS

INCREASED RISK OF COGNITIVE DECLINE, DEMENTIA AND DEPRESSION

REDUCED ADHERENCE TO MEDICAL TREATMENT AND MEDICATION

INCREASED BLOOD PRESSURE AND INFLAMMATION

DECREASED IMMUNE FUNCTION



WAYS TO MAINTAIN WELLBEING DURING SOCIAL DISTANCING

STAY CONNECTED WITH FRIENDS & FAMILY

KEEPING IN TOUCH CAN HELP PREVENT FEELINGS OF LONELINESS OR ISOLATION.



EMBRACE ROUTINE

HAVING DAILY ROUTINES CAN HELP YOU MAINTAIN A SENSE OF NORMALCY.

GET SOME EXERCISE

GET MOVING TO STAY HEALTHY – IT FEELS GOOD TO GET OUT ENERGY WHEN YOU'VE BEEN STUCK INSIDE.

SPEND TIME OUTSIDE

TIME OUTDOORS HAS PHYSICAL AND MENTAL HEALTH BENEFITS, INCLUDING REDUCED STRESS.

LIMIT NEWS INTAKE

TOO MUCH NEWS INTAKE CAN MAKE YOU FEEL OVERWHELMED AND STRESSED.



LIMIT SOCIAL MEDIA USE

BEWARE OF INFORMATION OVERLOAD ON SOCIAL MEDIA, TOO – TRY NOT TO OVERDO IT.

KEEP A JOURNAL

JOURNALING IS A WAY TO EXPRESS YOUR THOUGHTS AND FEELINGS, FUEL CREATIVITY AND REDUCE STRESS.

PRACTICE MINDFULNESS & MEDITATION

TAKE SOME TIME FOR STILLNESS, OBSERVE YOUR BREATHING, OR START A ROUTINE MEDITATION PRACTICE.

TRY SOMETHING NEW

ADD A LITTLE VARIETY TO LIFE TO KEEP THINGS INTERESTING AND REDUCE STRESS.

DONATE TO THOSE IN NEED

COMBAT FEELINGS OF HELPLESSNESS BY MAKING A POSITIVE IMPACT IN YOUR COMMUNITY WITH AN ONLINE DONATION.



REACH OUT IF YOU NEED HELP

THOSE WHO ARE STRUGGLING DURING THIS TIME AREN'T ALONE – REACH OUT TO SOMEONE YOU TRUST FOR SUPPORT.