

# Mental Health and Wellness for Seniors



Mount Pleasant  
Neighbourhood House

Website: [www.mpnh.org](http://www.mpnh.org)

## Health Benefits of Physical Activity

- Improves psychological well-being (less stress, anxiety and depression)
- Weight control
- manages good and bad cholesterol levels
- Stabilizes blood glucose
- Decreases blood pressure
- Optimizes cardiovascular health

## How to Stay Active

- Go for a walk while maintaining a safe social distance for at least 30 minutes a day
- Engage in online tutorials and community programs
- Strengthening exercises using exercise bands
- Some forms of Tai Chi
- Light stretching

## Eating Healthy

- More vegetables and fruits,
- More protein (e.g., nuts, tofu, fish, lean meats), and
- less fat and salt.
- Reduce caffeine and sugar
- Stay hydrated

## Mental health during the pandemic

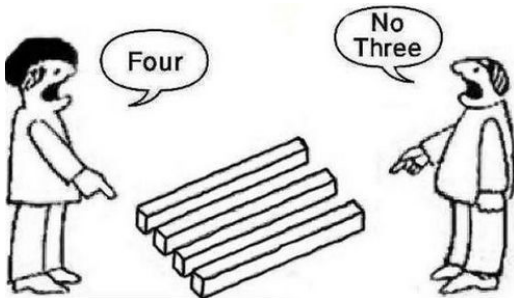
Here's how you can continue to make social connections while keeping yourself safe

- Phone calls
- Join online classes such as classes offered through Zoom
- Connect with friends online, Facetime, skype

## Relaxation Practices

- Yoga
- Play a board game
- Mindfulness
- Take a bath
- Practice Meditation
- Play and Cuddle with your pet(s)
- Deep breathing exercises
- Make time for hobbies
- Get enough sleep

## Know the facts about COVID-19



Here are some reputable sources

- [The BC Centre for Disease Control](#)
- [HealthLinkBC](#)
- [Health Canada](#)
- [The World Health Organization](#)

## Tips and tricks

### Stick to a Routine

Try to keep the same sleep wake times and write a schedule for the day with different activities

### Get Dressed

Shower/brush and dress in comfortable clothes to start your day

### Go outside while maintaining social distance

Try to be active for at least thirty minutes everyday

### Other activities

- Start a long term project
- Start a journal
- Try new recipes
- Be nice to yourself



Practice visualizing problems in your life from different perspectives. This allows you to create space in the mind for a **NEW** reality. This will give you a way to change your mindset to see problems as opportunities!

### For more information regarding Mental health & Wellness:

[BC mental health and substance use services](#) - [bcmhsus.ca](#)

[Here To Help](#) - [heretohelp.bc.ca](#)

[The Canadian Mental Health Association](#) - [cmha.ca](#)

### Contact Us at:

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