

Keeping your well-being hints for seniors during the COVID-19 Quarantine

Seniors have special needs to strengthen and maintain their well-being but this time of chaos and isolation has created some additional opportunities to focus on those needs and ensure that you are staying healthy and happy. Here are some which were identified for our Cardinal retiree family.

1. Establish and maintain your routine and avoid overeating when you are anxious or bored.
2. This is physical distancing, not social isolation so reach out to family, friends and former colleagues to maintain social interaction.
3. If you are craving a snack, chose a piece of fruit or vegetables so you can get 5 servings per day as recommended by dieticians.
4. Reduce your intake of sugary drinks and substitute water or tea. The health benefits are amazing and will help you to be more alert.
5. Wash your hands with soap and water often.
6. Limit your intake of news media to reduce anxiety and help you remain calm
7. Make sure that you are getting an adequate amount of nighttime sleep.
8. Make time to unwind daily-do activities that you enjoy.
9. Get outside in the sun and go for a walk if able. You need that vitamin D.
10. Take care of your body by taking deep breaths, stretching your muscles, and/or meditating. There are videos on the internet to guide and aid you.
11. Limit alcohol consumption to 1 drink per day
12. Take your regular medications as prescribed
13. Reach out to your healthcare provider is you feel ill.

These are some suggestions to help during this time when regular routines are disrupted. Treat yourself and others with kindness and compassion. It is the greatest gift to give and costs absolutely nothing.