

Taking Care of Mental Health of Elderly during COVID -19

SPEND TIME DOING WHAT YOU MISSED

Spending quality time on yourselves, organise albums, digitalise them, write down strong memories, exchange mails with long lost friends, write down travel dairies, talk to all your family, friends and relatives, catch up on organising yourselves during this period will help you reduce anxiety, Stress and fear.



GETTING INVOLVED IN DAILY ACTIVITIES

Keep doing small activities at home to reduce boredom. Keeping yourself busy in daily activities like gardening or potting , cleaning and cooking will help reduce anxiety. Do it together and rekindle old day. If there is no family member to help you, use the support system to buy groceries, medicines and other essentials.

SPEND TIME ON RECREATIONAL ACTIVITIES

During this stressful time, it is important that you make some time for things you like. Engage in recreational activities like solving puzzles, playing bored games like carom boards or chess, listening to music, reading, learn to solve suduko and cross word etc. these will help reduce boredom as well as keep some old age diseases at bay.

CONNECTING TO LOVED ONES

During this time, you might be worried about your loved ones such as children and grand children who stay away from you. Connect with them ones in a while through phone call or video call to keep the stress at bay and for any emergencies.



MAKE SOMETIME FOR EXERCISE

It is important to be physically active. Simple stretching exercises, simple yoga postures , walking indoors or meditation, on the spot running will be beneficial not only for your physical health but also mental health



CUT DOWN ON LISTENING TO NEWS

With the news of the pandemic everywhere, it is difficult to filter out the reliable news. Do not watch news reports all the time as it may be upsetting and misleading. Seek information from credible sources like the Ministry of health and family welfare(mohfw.gov.in)

