Activities to Strengthen Mental Health

• Take a walk, dance, try an exercise program at your local senior or community center...or just move more.
• Hug someone - anyone.
• Do something creative: needlework, knit, paint, draw or organize photos.
• Call a friend and keep in touch with family. Share memories with someone else who is lonely. Start a phone network.
• Listen to music. Dance (even by yourself).
• Work or volunteer. Many organizations rely on volunteers for helping others. Do something for someone else! It will make you happy and get you out of the house.
• Read magazines or books. Visit your library with a friend or start a book club.
• Ask a friend to join you on any activity. Watch sports games or go to an athletic event with a friend or your grandchildren. Learn the game rules!
• Learn how to use a computer, E-mail; write in a journal, diary
• Go to a meal site or restaurant program for lunch with a friend.
• Put up a birdfeeder, and see how many birds you can recognize.
• Get out in the fresh air. Smile. Laugh.
• Join or start a card game group or board game group.
• Take medications as prescribed. Double check dosage and instructions.
• See your doctor regularly.
• Do whatever helps you relax.
• Spend time around positive people and be positive yourself!
• Go to some religious service. Teach your grandchildren about their religion.
• Make a list of things you can be thankful for.
• Turn off the TV. At least STOP watching depressing programs.
• Attend a Live Well workshop to help manage your health condition.

Depression is not a normal part of aging.

If you need help, contact your Physician or Behavioral Health Professional.