



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.