



## Taking care of Mental Health of elderly during COVID-19

During the COVID-19 outbreak, all of us should take some extra time and care for ourselves. Follow some simple strategies to improve your well-being

### SPEND TIME WITH FAMILY

Spending quality time with family and getting involved in family discussions, while staying at home during this period will help reduce anxiety and distress. Try to connect with your family members through phone call or video call if they stay far from you.



### GETTING INVOLVED IN DAILY ACTIVITIES

Keep doing small activities at home to reduce boredom. Keeping yourself busy in the daily activities like gardening, cleaning and cooking will help reduce anxiety. If there is no other family member to help you, identify a 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 some board games like carrom board or chess, listening to music, reading etc. These will help reduce boredom



### CONNECTING TO LOVED ONES

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



### MAKE SOME TIME FOR EXERCISE

It is important to be physically active. Simple stretching exercises, simple yoga postures, walking indoors or meditation 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 reliable news. Do not watch news reports all the time as it may be upsetting and misleading. Seek information from credible sources like the website of Ministry of Health and Family Welfare ([mohfw.gov.in](http://mohfw.gov.in)). In case of doubt, ask your loved ones.



Take special care of elderly persons in your family. Remind them to practice hand washing as often as possible. Make sure to tell them to cover their mouth and nose with bent elbow, when they cough or sneeze. Watch out for any symptoms of COVID-19 and reach out for medical help, if necessary. Make sure they eat healthy food and get good sleep.

### IN CASE YOU NEED ANY HELP

Please contact COVID -19 Psycho social toll free helpline at 080-46110007  
or consult your doctor or a mental health professional