Self-Care Tip-Sheet for Seniors

Have you heard of self-care? Most likely you have. Self-care is a concept that has been on the rise over the past two decades, especially as the world has been moving at a faster digital pace. Self-care has been defined as "any activity that we do deliberately in order to take care of our mental, emotional, and physical health."

Self-care encourages you to maintain a healthy relationship with yourself so that you can convey the good feelings to others. You can't give to others what you don't have yourself. Self-care is about reinvigorating yourself, so that you can be the best version of yourself for the people around you.

Looking for some tips on self-care? Keep on reading!

Go Outside: A little bit of fresh air and sunshine can go a long way. Spending time in the great outdoors has so many benefits for our health, including our mood. Studies suggest that people who live close to nature not only may have reduced blood pressure and heart rate — they also may experience reduced levels of the stress hormone cortisol. Take a long stroll through your neighborhood, in a garden, or in a park.

Socialize: We're social creatures by nature, so it only makes sense that spending time with friends and family can have a positive impact on our mental health. Keeping close with friends and family is crucial as we age. To stay connected, you can call someone, check on and socialize with your neighbors, exercise with a friend, volunteer with others, and join groups and clubs.

Exercise: Staying fit isn't just good for your body — it's also good for your mental health. Whether you enjoy swimming, walking, jogging, dancing, yoga, or gardening, physical activity can help reduce anxiety and depression. The intensity of the exercise matters, too. The more challenging an activity is, the more endorphins our bodies release. So choose an activity that gets your blood pumping, and for some bonus mood-boosting points, do your physical activity outside or with friends when you can.

Hydrate: Staying hydrated helps our bodies stay regulated and do their jobs — and the same goes for our brains. Drinking lots of water each day keeps headaches at bay and boosts our mood.

Eat well: That means eat healthy. Stay away from inflammatory, sugar-spiking, insulin-releasing foods like processed carbohydrates (think all added sugars and anything made with flour). Aim for things that grew on plants or trees. The more colorful the fruits or vegetables, the more vitamins, minerals, and antioxidants they have and the healthier they are. Healthy food makes for a healthy life!

Self-care is all about indulging more in the things we love to do that are good for us. Treat yourself to self-care and enjoy how you feel!