



**HEALTHY AGEING
PARTNERSHIP**

TIPS FOR KEEPING MENTALLY HEALTHY



1. 10 Positive Thoughts or Affirmations

2. 10 Health Tips for Active Seniors

3. 10 Tips for Coping

4. A mindfulness technique to manage stress & anxiety

5. Hydration & Nutrition Tips

6. How Self-Compassion can help you to keep mentally healthy

10 POSITIVE THOUGHTS or AFFIRMATIONS

1. Believe in your heart that you're meant to live a life full of passion, purpose, magic and miracles.
2. A random act of kindness, no matter how small, can make a tremendous impact on someone else's life.
3. Instead of worrying about what you cannot control, shift your energy to what you can create.
4. Your hardest times often lead to the greatest moments of your life. Keep going. Tough situations build strong people in the end.
5. Life becomes easier and more beautiful when we can see the good in other people.
6. Love is always the answer to healing of any sort.
7. The past is over and done and cannot be changed. This is the only moment we can experience.
8. Know that you are the perfect age. Each year is special and precious, for you shall only live it once. Be comfortable with growing older.
9. As your understanding of life continues to grow, you can walk upon this planet safe and secure, always moving forward toward your greater good.
10. Love who and what you are and what you do.



10 HEALTH TIPS FOR ACTIVE SENIORS

Regular exercise can keep you fit and help you stay independent as you age. Other benefits may include faster recovery from illness, reduced risk of chronic disease and better management of existing medical problems such as osteoarthritis.

Here are some tips for staying active in your senior years.

1. **Choose activities you find interesting and manageable.** You are more likely to stick to an exercise routine if it's fun.
2. **Check with your doctor before you start a new exercise routine.** Some activities may not be appropriate if you have been sedentary for a long time or suffer from obesity or a chronic illness.
3. **Start slowly and aim for small improvements.** Be guided by your doctor about how long and how frequently to exercise. Keep track of your progress in a training diary for added motivation.
4. **Make exercise a social event.** Invite friends along or sign up for a class so you can meet new people while getting fit.
5. **Improve your flexibility.** Suggestions include yoga, stretching exercises, lawn bowls or dancing.
6. **Build muscle tissue with strength training.** For example, you could lift weights or perform a modified form of calisthenics.
7. **Look after your bones.** Weight-bearing exercise can reduce your risk of bone loss and osteoporosis as you age.
8. **Improve your heart and lung fitness.** Opt for moderate intensity exercise for maximum benefit. As a general rule, aim for activity that means you breathe hard but are not left feeling breathless.
9. **Reduce your risk of falls.** Include some balance and coordination exercises in your weekly exercise routine. Good options include tai chi, balancing on one leg and heel to toe stands.
10. **Build exercise into your daily routine.** Walk to the shops or bus, spend more time in the garden or offer to walk a neighbour's dog.

Note: Always stop and seek medical advice if you experience chest pain, extreme breathlessness or dizziness.



10 TIPS FOR COPING

Putting your life back into your own hands

1. **Accept responsibility** - This is your life. No one can cope for you. Though others can and will help, the Initiative must come from you.
 2. **Try to be objective** - Step back and look at your life situation as if it were someone else's. What could this person change or accept?
 3. **Know your own inner resources**-Assess your strengths & weaknesses be honest - you need a clear picture of what you are working with.
 4. **Don't try to cope alone**- Accept that everyone feels some pressure. Discuss your difficulties with your family or friends. Listen to them. Be ready to return the favour. Coping involves giving as well as getting.
 5. **Take a positive approach** - There is always an effective way to deal with each situation. Problems have solutions. The solution may not be fundamentally apparent. It may not be easy. But it will always be possible to do something.
 6. **Be realistic** - Don't expect too much of yourself. Set attainable goals. Accept that there are many life situations you can only affect indirectly. Don't always expect to be right.
 7. **Be flexible** - If the first solution doesn't work, try again. Look at mistakes as good experience "for the next time". The fact that -you acted - took charge - is what counts.
 8. **Take one step at a time** - Several problems at once can overwhelm you. Decide on the FIRST step necessary to deal with ONE problem. Do it! Work on the rest in easy stages. Write it down if it helps.
 9. **Learn to recognise danger signals** - Troubled sleep? Drinking more lately? Feeling depressed more often? Losing your temper about insignificant things? Getting sick more often? These are all danger signals. Slow down. Take a careful look at life.
 10. **Stay physically healthy & learn to relax** - Good general health increases your stress tolerance. Sensible eating and sleeping habits help. Alcohol, tobacco and drugs don't. Get plenty of physical exercise. It lets off steam and sometimes that on its own amounts to 'coping'. Schedule regular recreation into your life. Plan to take restful vacations. There are many ways of learning personal relaxation techniques. Find out what programs are available in your community.
- Knowing how to cope with stress does not come naturally for most of us- We have to learn it - like any other skill.
 - It is not simple- It demands an investment of time & energy. But we get better - our coping improves with practice.
 - And the end result is worthwhile. Because effective coping with stress makes a dramatic difference to our everyday experiences - the sum total of which we call our 'quality of life'.

'In order to get from what was to what will be, you must go through what is'



A Mindfulness technique to help manage strong emotions such as feeling stressed or anxious

S = Stop what you are doing

T = Take a breath

O = Observe what you are thinking

P = Proceed by doing something you can do
instead of focusing on your negative thoughts
which have caused your strong emotions

YOU CAN:

Go for a walk, make a coffee, ring a friend, drive to the beach, do some art work or other craft work, play with the dog, or anything else that distracts you.

When you are no longer emotional you CAN talk about some of these negative thoughts and feelings with a health professional.

HYDRATION & NUTRITION TIPS

In Australia a number of older people die from side effects of poor hydration.

Hydration

Heat related illnesses occur when the body's temperature control system is overloaded and the body can no longer cool itself. Anyone can develop heat-related illness, but the elderly are at greater risk.

Hydration is vital

- Water is an essential nutrient for the body
- Fluid transports nutrients around the body
- Helps keep the body cool
- Needed for the body to function correctly
- Carries waste out of the body
- Maintains blood volume
- Replaces the water lost from skin through sweating
- Replaces losses from breathing and kidneys through urination
- Assists digestion of food
- Production of hormones and enzymes

6–8 cups (1650-2500mls) of fluid are needed each day, and may include water, tea, coffee, milk, juice, soft drink and cordial.

Nutrition

Healthy eating is important for healthy living. If you have a Meals on Wheels meal or similar it is a good start to healthy eating and is prepared according to nutrition guidelines but you need to eat other foods as well. If all the food is consumed, this will meet up to 1/3 of nutrition needs for the day.

It is very important that you eat other meals as well including breakfast, evening meal and morning and afternoon tea.

Other food should include:

Breads and Cereals

At least an extra three serves of bread

Fruit

At least an extra two serves of fruit

Vegetables

At least an extra two serves of vegetables

Dairy Products

At least two serves of dairy foods



HOW SELF COMPASSION CAN HELP YOU TO KEEP MENTALLY HEALTHY

Compassion occurs when you are touched by the suffering of another, when you let someone else's pain into your own heart rather than ignoring or avoiding it. When this occurs, feelings of kindness and caring for the person's welfare spontaneously arise.

When compassion is experienced for someone who has made a mistake or performed a misdeed, it means that an open minded, non-judgemental attitude is taken towards the person as opposed to an attitude of harsh criticism or severe judgement toward them.

Another unique feature of compassion is that you recognise your shared humanity with another person. When you see someone who has failed or who is suffering, instead of saying 'That's terrible but thank goodness it's not my problem,' you say "There but for fortune go I."

When we apply these concepts to the self, it means that self-compassion requires that we are touched by our own suffering. We don't ignore or repress our own pain but stop to realise "this is really difficult, I'm going through a lot right now." It also means we desire well-being for ourselves and feel compelled to help heal our own pain.

When we fail or make mistakes it means we have a kind and understanding attitude towards ourselves that accepts our limitations and imperfections rather than harshly judging ourselves. Finally, it means we see our personal experience in light of common human experience. Instead of feeling isolated and separated from others when we fail or are suffering, we stop to realise that many others feel what we feel, it is all part of being human.

The process of self-compassion requires that you step outside yourself to give yourself kindness and see your experience as part of the larger human experience. This more objective stance allows you to put your personal experience into greater perspective so that the extent of your suffering is seen with greater balance and clarity.



If you are struggling with your emotions or feel depressed or anxious you should talk to your doctor or you can phone Lifeline on **131114**



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