

# Age-Friendly Orillia "How are you doing?"



## Self-Care Assessment 2021

A lot is happening quickly in relation to COVID-19! It is normal to feel anxious, worried and perhaps lonely. Every person is unique in their life experiences and reactions in difficult times. Managing your overall health is important during these stressful times.

Here are some typical signs that tell us to take steps toward better self-care.

<b>Are you...</b>	Y	N
Staying in your pj's long past morning?	<input type="radio"/>	<input type="radio"/>
Drinking or smoking more frequently?	<input type="radio"/>	<input type="radio"/>
Eating infrequently or too often?	<input type="radio"/>	<input type="radio"/>
Sleeping in or not getting enough sleep?	<input type="radio"/>	<input type="radio"/>
Unable to get ordinary daily tasks done?	<input type="radio"/>	<input type="radio"/>
Without a regular daily routine of chores and activities?	<input type="radio"/>	<input type="radio"/>
Feeling isolated and alone?	<input type="radio"/>	<input type="radio"/>
Worried about the well-being of yourself and loved ones?	<input type="radio"/>	<input type="radio"/>

## Helpline

*Overwhelmed or depressed? Under financial pressure? Questions about COVID-19 government benefits? Do you need help getting groceries or running errands?*

**Ontario 211** (<https://211ontario.ca/>) is a free helpline that connects you to community and social services 24 hours every day, in over 150 languages.

*Live Chat* is available Monday to Friday 7am to 9pm <https://211ontario.ca/chat/>

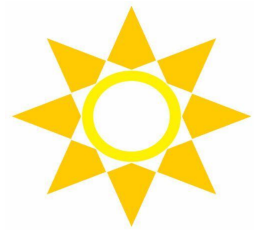
Try the *Search Help Tool* at <https://211ontario.ca/how-can-i-help/>

Call Toll free – 1-877-330-3213 or dial **2-1-1**

## Find us on Facebook!

<https://www.facebook.com/Age-Friendly-Orillia-100272421499585/>

## Self Care



Self care is vital to maintaining positive stress levels and avoiding burnout. It is very personal – what you need and want is determined by you.

Consider: *What makes you feel relaxed and good about yourself? What would you like to do more of? What do you need from other people to feel more safe and secure right now?*

Here are some self-care practices that you can implement on a daily basis.

## Things You Can Do

- Have a regular going-to-bed and getting-up time (set your alarm).
- Do some light exercises, stretches, meditate and/or practice mindfulness.
- Schedule a time for household chores and make time for things you enjoy.
- Prepare and eat nutritious meals.
- Make someone laugh.
- Focus on what you did well and reasons to be grateful.
- Perform small acts of kindness for yourself and others.
- Do something for fun (play games, practice your hobby, read a book, listen to your favourite music, dance in your living room, grow flowers indoors).
- Take a break from news broadcasts and social media for several hours every day. Access information from credible news sources.
- Enjoy nature (walk, ski, snowshoe, skate, play in the snow).
- Stay home as much as possible to help stop the spread. When you have to go out in public, keep a physical distance of 2 metres and wear a mask.
- Call and check in with a friend or neighbour.
- Help a senior or vulnerable person with food shopping or meal delivery.
- Make a financial donation to the food bank, shelter or hospital.

## Your Health Connection

For up-to-date health and COVID-19 information, go to:

Website: **[SimcoeMuskokaHealth.org](https://www.simcoemuskokahealth.org)**

Health Connection: **705-721-7520** or toll-free 1-877-721-7520

For more information please visit **[orillia.ca/COVID-19](https://www.orillia.ca/COVID-19)**.

*This public service bulletin is generously sponsored by the City of Orillia.*

