

# Age-Friendly Orillia Self-Care Assessment



Every person is unique in their life experiences and reactions in difficult times. The COVID-19 pandemic is certainly one of those times! It is normal for all of us to feel anxious and stressed and perhaps lonely. What is important is how well we manage our stress.

Here are some typical signs that tell us to take steps toward better self-care.  
*How are you doing?*

| <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 not having enough money?                    | <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/>

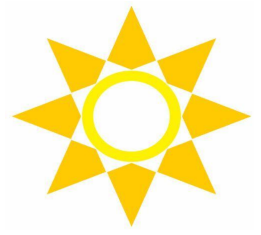
Try the *Search Help Tool* at <https://211ontario.ca/how-can-i-help/>

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 in 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 To Do Daily

- Have a regular going-to-bed and getting-up time (set your alarm).
- Do some light exercises and stretching.
- Schedule a time for regular household chores.
- Prepare and eat nutritious meals.
- Make someone laugh.
- Focus on what you did well.
- Perform small acts of kindness.
- Listen to your favourite music.
- Do something for fun (play games, practice your hobby, read a book, dance in your livingroom).
- Unplug from news broadcasts and social media, at least for several hours every day.
- Call and check in with a friend or neighbour.
- Get outside for a walk, keeping 2 metres distance from others.
- Stay home as much as possible to help stop the spread.

## A wonderful way to help yourself is to reach out and help others!

Connect with a friend and become COVID Buddies.

Take a walk around the block (keeping 2 meters apart).

Help a senior or vulnerable person with food shopping or meal delivery.

Make a financial donation to the food bank, shelter or hospital.

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

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

