



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?*

Are you

Y N

- Staying in your pj's long past morning? Y N
- Drinking or smoking more frequently? Y N
- Eating infrequently or too often? Y N
- Sleeping in or not getting enough sleep? Y N
- Unable to get ordinary daily tasks done? Y N
- Without a regular daily routine of chores and activities? Y N
- Feeling isolated and alone? Y N
- Worried about not having enough money? Y N

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**

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

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.

Find Age-Friendly Orillia on Facebook

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

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

For more information please visit orillia.ca/COVID-19.