Creative Coping for Older Adults during COVID-19: How to Stay Safe and Sane

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### Creative Coping for Older Adults during COVID-19: How to Stay Safe and Sane

- **Maintain Healthy Eating**
- **Avoid Isolation**
- **Stay Informed but not Obsessed**
- **Talk to Others**
- **Engage any and all help you need**
- **Relax and Play**
- **Step Outside**
- **Take a Deep Breath**
- **Remember to Wash Your Hands**
- **Engage in Gratitude**
- **Sustain Routines**
- **Sleep**

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**MAINTAIN HEALTHY EATING**
AVOID ISOLATION

STAY INFORMED BUT NOT OBSESSED

The latest COVID-19 numbers from Massachusetts
By Peter Dauny-Wells and Ryan Hadde Globe Staff, Updated July 24, 2020, 4:25 p.m.
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COVID-19 Mental Health Forum Series
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RELAX AND PLAY

75 Fun Indoor Games for Kids – Boredom Busters for All Ages

https://www.familyfuntwinities.com/indoor-games-for-kids/

STEP OUTSIDE
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11

TAKE A DEEP BREATH

12

WASH YOUR HANDS
ENGAGE IN GRATITUDE

SUSTAIN ROUTINES
SLEEP

COVID-19 Mental Health Forum Series
Thank you!

Questions?

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