

# Late Life Transitions, Mental Wellness and the Importance of Maintaining Social Connections



## STAY SOCIALLY CONNECTED

- + Stay in touch with family and friends – use the phone, social media or visit in person.
- + Volunteer in your community.
- + Offer to help your neighbours – pick up the mail or take someone to an appointment or social event.



## PLAN FOR CHANGE

- + Think about the future and what can ease transitions.
- + Share your ideas and plans for change with family and friends.
- + Find information that can help you plan for changes.



## STAY ACTIVE, IN BODY AND MIND

- + Stay physically active – go for a walk or join an exercise class.
- + Take time for a hobby or try something new.
- + Explore new ways to get around, such as the city bus or sharing a ride.



## FIND EMOTIONAL SUPPORT

- + Know what changes you can control.
- + Talk with family, friends, or a health professional if you feel sad or lonely.
- + Find helpful information at a local seniors, community or health centre.