

Coronavirus

Importance of Self-Care for Older Adults

Self-care is important for everyone all the time, but especially during these uncertain times. According to the U.S. Centers for Disease Control and Prevention, adults 65 and older are more likely than other groups to die or develop a severe illness if they contract the coronavirus. Due to this risk, it is important for older adults to stay home and avoid close contact with others. Many people over 65 are still very active in their communities and in good physical health and may find self-isolation challenging. For these folks and for all of us, it is important to follow the CDC guidelines and find other ways to maintain mental and physical health.

Practicing self-care is important because it has been shown to reduce stress levels, to help maintain focus and complete daily tasks. By taking time to do things that are good for us, we are in a better position to help and support others. Self-care can include taking steps to protect against loneliness, embracing healthy habits, maintaining social connections and keeping up with regular routines and habits.

Embracing healthy habits

- Maintain consistent sleep patterns
- Continue eating healthy foods
- Exercise regularly
- Avoid alcohol and drugs
- Limit news consumption if it is causing extra stress
- Keep busy with activities like reading, movies or walking outside
- Use video calling platforms to stay in contact with family and friends
- Take advantage of virtual tours of museums and other websites

This information was adapted from: American Psychological Association:

apa.org/news/apa/2020/03/self-care-older-adults

This is an emerging, rapidly evolving situation. For the latest information visit [CDC.gov](https://www.cdc.gov).

As always, your EAP is here for you and your family. Whether you are staying home or continuing your routine, there are a variety of ways to connect with your EAP including: telephone 800-327-4968 (800-EAP-4YOU), TTY: 877-492-7341, online at [EAP4YOU.com](https://www.EAP4YOU.com), through video, live chat or text message. Reach out to learn more about the many ways you can receive support from your Employee Assistance Program.