

Caregivers' Cove

We wish everyone a happy new year!
Good mental health is a key ingredient!

Good mental health helps us¹

- think clearly and creatively,
- feel motivated to help ourselves and others.
- overcome challenges.

Mental health could change with extended situations², like

- working long hours,
- caring for a loved one with unstable conditions,
- having financial issues and stresses.
- constantly thinking and worrying about unresolved problems.

You can cultivate good mental health:

- Eat well, get sufficient sleep and exercise.
- Speak and act kindly with others.
- Getting what you want or like.
- Calling for help when you need it.
- Be socially connected.

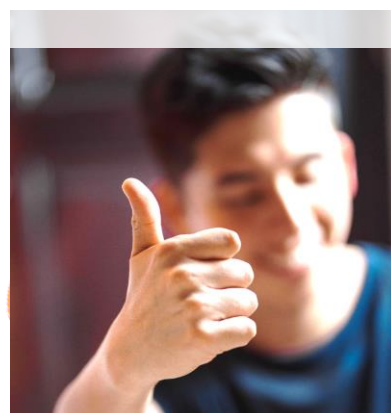


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filos Building Stronger Communities,
Eldercare Together

1. "How Mental Health Affects Us And Those Around Us", <https://cityofgood.sg/articles/how-mental-health-affects-us-and-others/#mental-health-scene>, 25 Oct 2022

2. "About Mental Health", <https://www.cdc.gov/mentalhealth/learn/index.htm#:~:text=Mental%20health%20includes%20our%20emotional,others%2C%20and%20make%20healthy%20choices.&text=Mental%20health%20is%20important%20at,childhood%20and%20adolescence%20through%20adulthood.>, 25 Oct 2022

看护者港湾

我们祝大家新年快乐。
良好的心理卫生是重要的环节。

良好心理卫生 有助我们¹

- 保持思绪清晰和灵活;
- 维持动力协助自己和他人;
- 客服困难。

心理卫生可能因 长期问题而改变 ，如²：

- 加班熬夜;
- 看护有新或不稳定状况的亲人;
- 面对经济问题和担忧。

您可有维护心理卫生：

- 维持饮食健康，睡眠和运动充足?
- 以温和的语气和行为善待他人?
- 给自己想要的东西?
- 需要的话就求助?



图像源：Unsplash

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