



BRIEFING NOTE

COVID-19 media briefing notes - Karen Redman May 6, 2020

Mental Health Week

Dr. Wang talked about Mental Health week and some things we can do to maintain our mental wellbeing.

I want to draw attention to our older adult citizens and the unique challenges they might be facing during this pandemic.

People over 70 are at a higher risk of experiencing isolation and maybe even loneliness. They might not be linked to services during COVID-19 for a variety of reasons.

If you are self-isolating or not able to drive, and find yourself struggling, here are a few things you can do to feel safe, connected and vibrant during this necessary time of physical distancing.

1. **Focus on things you can control:** like eating healthy, keeping active and sleeping well.
2. Keep your regular routine as much as possible.
3. Stay connected to family, friends or community.
4. Rely on accurate information from trustworthy sources.
5. Set limits on how much news you watch.
6. Try something new or rediscover an old interest.

It's normal to feel overwhelmed, stressed or anxious. Try to begin and end your day with positive thoughts.

There are services for older adults in our cities and rural townships. I encourage you to reach out if you need support.