

Aging Well Newsletter

Lutheran Counseling Services



Self Care

May is Mental Health Awareness Month! It is a good time to reflect on our mental health, and introduce self care rituals that can improve our overall well-being. Although it may sometimes feel uncomfortable to spend time thinking about your own needs, it is important to

remember that self care is not

the same as being self-indulgent or selfish. Incorporating self care into our daily routines can help with feelings of anxiety, depression, stress, and frustration. Self care can also increase happiness and give us an energy boost. Take this month to build new self care habits in your daily routine by dedicating 15 minutes a day to doing something just for you. If you find that you are struggling to function day to day or feel like you are struggling to find joy in your life, LCS is here to help - you don't have to do it alone!

“Self care is giving the world the best of you, instead of what’s left of you”
- Katie Reed

Services to help!

LCS is currently offering an on-call service Tuesday-Thursday from 9am-5pm. The on-call service offers free 15 minute consultations with a therapist at (407) 644-4692 ext. 5. LCS has created video resources for our older-adult program on our website. We have guided meditation videos, self-care tips, and at home recreational therapy activities. Go to <https://lcsfl.com/lcs-response-to-covid-19/page.html> or ‘like’ us on Facebook to see these resources. We are always here and happy to help however we can.

AGING WELL

TRY THIS TIP!

Self-Care Tips

Health

- Cook a healthy meal
- Go for a 20 minute walk

Relaxation

- Take 5 deep, slow breaths
- Do 5 basic yoga stretches
- Practice meditation

Social

- Call a friend or family member
- Invite a friend for tea/coffee

(407) 644-4692

Lutheran Counseling Services, Inc. is a non-profit organization. To support our mission to make mental health support more accessible, go to:

<https://lcsfl.com/how-to-help/>