



### 1.5 TIP/Good practice

Developed by



## SUGGESTIONS AND RECOMMENDATIONS FOR SENIOR CITIZENS

It is normal to be afraid. Fear that makes us follow our doctor's instructions is a protective kind of fear. Listen when doctors tell us to not go out and "shelter in place."

In these days of the Coronavirus, we might feel isolated, abandoned, lonely, anxious, irritable or confused. Often, we have intrusive thoughts that keep coming back. These reactions often can occur when our minds are reacting to stressful situations. Staying at home is a way for us to help ourselves and others. When we all follow the instructions precisely, we help our friends, relatives and also first responders, who are working to assist those most in need.

- o **Keep Informed:** Use only reliable institutional sources like the World Health Organisation.
- o **Follow Hygiene Practices:** Adhere to suggestions by your country's institutions and health system.
- o **Normal Feelings During This Stressful Time of the Coronavirus:** We may feel the following:
  - Isolated or abandoned
  - Lonely
  - Irritable
  - Confused
  - Anxious
- o **Intrusive Thoughts:** We may have thoughts about the situation that won't go away.
- o **Restrict Media Use:** Turn off the TV, the radio and the internet. Choose only one or two moments during the day to check the news, however, not before you are going to sleep.

o **Keep a Routine:** Keeping busy decreases tension. Do the things you like to do -as much as you can- such as cooking, knitting, reading books and magazines, cleaning the house or washing a car, etc.

o **Physical Activity:** Simple exercises can help you relax and fall asleep.

o **Eat Regularly:** Make sure to eat meals as regularly as possible.

o **Communicate:** Talk and spend time with family and friends. We all communicate in different ways! Ask how to make a video call or how to use “WhatsApp” to keep in regular contact.

o **Share Concerns:** Talk to someone trust worthy about concerns, problems and feelings. Communicate with people who are more positive in their thinking. Positive emotions help.

o **Share Your Life Experiences:** Tell your children, grandchildren and friends about your childhood, for example, how you used to spend time without tablets, videogames and the internet.

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