

Looking Out for Yourself and Others

Do you feel sad? Do you feel like you are not seeing enough people? Have you experienced a loss? Do you know someone who may be experiencing these challenges?



Take Care of Yourself

Your emotional well-being can be as important as your physical health. Here are some suggestions to take care of yourself:

- Stay active and exercise regularly. Try taking a group exercise class or going on walks.
- Eat a healthy diet. Avoid too much sugar, salt, fat, and caffeine.
- Spend time with friends and family or join a social group to help cope with loss, emotional changes, or other personal challenges.
- Talk to your doctor if you are feeling down or if you are concerned about your alcohol consumption or medications.

Look out for others

Pay attention to the older adults around you. Look for the following signs of loneliness and behavioral health concerns:

- Withdrawal from social engagements
- Changes in mood
- Difficulty concentrating and remembering things
- Changes in eating habits
- Lack of interest in hobbies and activities
- Feeling overwhelmed by everyday tasks
- Fatigue and headaches
- Increased alcohol consumption or drug use
- Increased worrying
- Anger, irritability, or aggressiveness
- Thoughts of suicide

Need support? Call or text the Massachusetts Behavioral Health Help Line (BHHL) at (833) 773-2445.

The BHHL is available 24 hours a day, 365 days a year. A trained clinician or certified peer specialist will listen to you and connect you to appropriate supports and resources.

*Fostering Healthy Minds Through
Community Connections*



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