

Deconditioning: MENTAL AND COGNITIVE HEALTH AND WELLNESS - VITAL FOR DAILY FUNCTIONING!



Choose activities you enjoy and that make you feel good.

Here are some ideas:

Reach out to friends and loved ones.

Look at photo albums.

Engage in creative activities:
arts and crafts, knitting, drawing, etc.

Sing or listen to music.

Read or write your life story.



Self-care

Be mindful of your feelings, emotions and reactions; give yourself permission to share them with someone you trust or to express them through writing, physical activity, or other means.

Engage in physical activities that allow you to de-stress and let go.

Adopt healthy lifestyle habits that include eating well and getting enough sleep.

Limit whatever causes you stress.

Indulge in life's simple pleasures (for example, listen to music, take hot bath, read, etc.).

Keep in touch with people who make you feel good.

Remember winning strategies you've used in the past to help you get through more challenging times.

Rely on your personal strength.

Set boundaries (for example, don't agree to do something you don't enjoy and that is not essential).

Learn to delegate and to accept help from others.

