



Don't Forget To Talk To Your Doctor About Your Forgetfulness

INNOVARE
Health Advocates

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MENTAL HEALTH

Talk to your doctor if you have difficulty concentrating, remembering or making decisions. Medication may help in many cases but healthy living is crucial.

Tips for Your Mental Health

★ STAY ACTIVE

- ❖ Regular exercise is associated with improved sleep, reduced anxiety, and lower risk of depression

★ KEEP PURPOSE IN YOUR LIFE

- ❖ Teach your grandchildren history
- ❖ Volunteer at a food pantry, animal shelter or other place that interests you
- ❖ Get a part time job
- ❖ Take a friend when you exercise

★ SOCIALIZE

- ❖ We all need it
- ❖ Join a club, invent a club
- ❖ Laugh, sing, dance, cry if needed

★ SLEEP WELL

- ❖ Exercise early in the day
- ❖ Avoid caffeine late in the day
- ❖ Don't use electronics in bed
- ❖ Consider a sleep mask
- ❖ Do sequential muscle flexion/relaxation

★ SPIRITUAL PEACE

- ❖ Pray
- ❖ Go to church
- ❖ Volunteer
- ❖ Say the Serenity Prayer
- ❖ Meditate
- ❖ See a counselor
- ❖ Forgive and forget
- ❖ Assume the positive, gather the facts, ask questions, offer solutions... Don't complain, fix it

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