

# Healthy Living Tips for Post Carers

## E Tips

1. **Expectations:** If you have been following a healthy lifestyle up to now, simply keep going; if you need to make changes, anticipate succeeding, not failing - and don't let age be a barrier.
2. **Enthusiasm:** Few people are thrilled with every aspect of their lives, but many have at least one area – family, friends, work or a vocation that they feel good about. Identify an activity or connection that sparks your enthusiasm and make it your lifeline; try to extend that enthusiasm to other areas of your life.
3. **Energy:** Having the energy and motivation you need to transition are hallmarks of healthy living. If you are fatigued all the time, don't let apathy and lethargy drag you down; get a check-up to try to determine the cause – and the solution.
4. **Eating:** Eating a balanced diet and attaining/maintaining a normal weight are keys to physical and mental health.
5. **Exercise:** Staying physically active fuels the body and mind. If you are already exercising regularly, keep it up; if you are getting started, know your skill level, set goals, progress at your own pace and be consistent.
6. **Engagement:** Volunteers often have higher levels of well-being and life satisfaction than those who don't volunteer. Volunteering and other forms of community and social involvement can play an important role in maintaining good health in later life. Get involved.
7. **Emotions:** Everyone feels down at times, but full-blown depression is a major cause of disability. If you are feeling out of sorts for two weeks or more, talk with your doctor. In many instances, simply exercising and eating right can help change your mood.
8. **Education:** Life-long learning is important to living an independent and fulfilling life. Start now to learn a new area of knowledge or physical activity.
9. **Effort:** Changing expectations and embarking on new behaviours takes energy and effort, but the results are worth it.
10. **Enjoyment:** A healthy life generally is a happy one. Enjoy the process of being or becoming active, engaged and truly alive.