

Active Aging

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Waterman Village Home and Community Services

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Boost your mental health with five easy steps



Maintaining positive mental health is essential to each person's life. While there are many ways to boost your mental health, the following are some suggestions from Mental Health America (MHA) to get you started.

Use a journal.

Documenting your thoughts and feelings often helps to reduce stress and organize yourself. MHA suggests including three things that you appreciate and three things that you accomplish each day. By doing this, you not only establish a stronger sense of self, but also develop a grateful attitude and positive outlook on everyday life.

Remain physically active.

Exercise may help you prevent weight gain and reduce stress. Exercise does not always have to be a dreaded chore. A short walk can give you time to sort through your thoughts, while fresh air has added mood-boosting benefits. Yoga or stretching are also great options that can increase circulation.

Try new things.

A sense of spontaneity and freshness in your life is certain to benefit your mental health. When you feel as though your everyday activities are becoming too mundane, consider trying out a new recipe, begin a new project

or hobby, or listen to a new type of music.

Connect with a friend.

Mental Health America found that 71% of people surveyed turned to friends or family in times of stress. A nice conversation and a good laugh with a friend or family member can increase happiness and lessen stress.

Meditate on it.

Meditation is a technique for positioning yourself in a better relationship to your thoughts, body sensations, and feelings. Research shows that meditation can create an overall sense of well-being by lessening anxiety and depression. Additionally, it can help with cancer, chronic pain, asthma, heart disease, and high blood pressure. Try to find time each day to turn off technology and connect with your deepest self by thinking about what is really important to you.

There are countless ways to boost your mood, reduce stress, and maintain a positive attitude. Talk to your physician or health care professional for support.

Waterman Village

HOME HEALTH CARE &
OUTPATIENT THERAPY

Waterman Village Home Care (352)385-1138

Waterman Village Outpatient(352)383-0051 x303

Do you have a friend who keeps you young?

Positive interactions between pets and humans, in particular dogs, has been found to be mutually beneficial and is considered by some to be essential to the health and well-being of both. The Human Animal Bond Research Institute, found that the human-animal bond has been shown to influence levels of blood pressure and heart rate, pain management, and hormones correlated with well-being.

Study results over the years on pets & humans show:

- Pets provide meaningful social support, entertainment,

- and distraction
- Pets significantly improve the perception of quality of life and psychological well-being
- Animal-assisted activities are associated with fewer depressive symptoms
- Pets offer compassionate touch through petting and holding
- Pets help to reduce stress by decreasing the stress hormone cortisol
- Pets help improve heart health by lowering blood pressure and heart rate
- Pets increase physical activity. On average, dog owners walk

more minutes per week than non-dog owners

How can you interact with pets?

- Visit your activities department and check on their pet therapy programs and visitation schedule
- Does your community have a fish tank? Get involved with the care of the pets.
- During a virtual family or friend visit, have them share their pets on the video screen to interact
- Arrange for family to bring a pet to the community for an outside visit

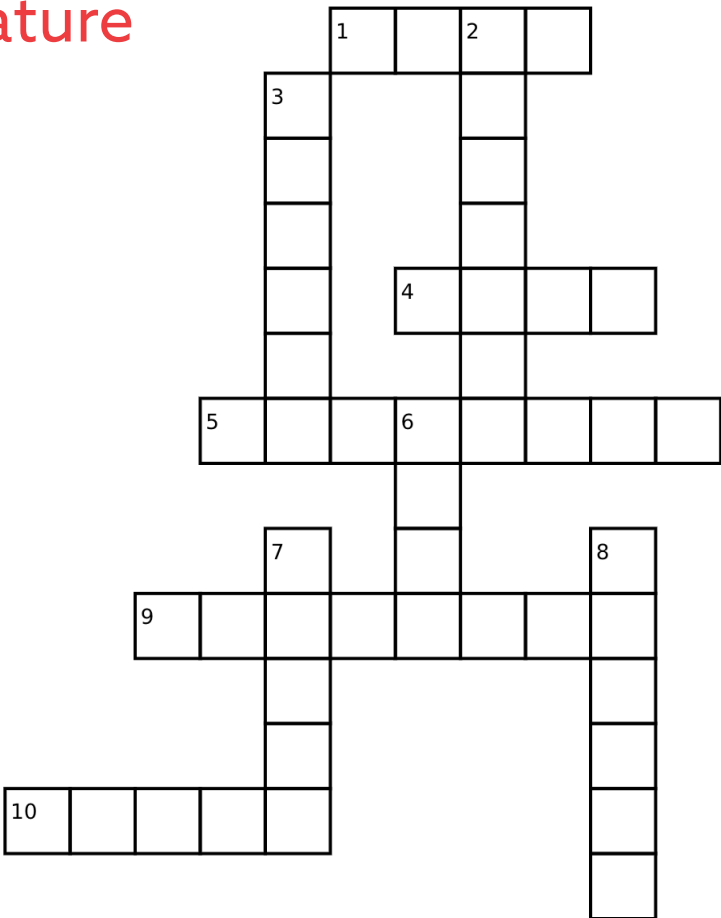
Crossword puzzle: Nature

Down:

- 2. assist/help
- 3. spouse or children
- 6. domesticated animal
- 7. muscle/organ
- 8. condition of body

Across:

- 1. an aquatic animal
- 4. an adhesive
- 5. evidence of disease
- 9. force against
- 10. to temporarily reside



May Word Search: Boost Mental Health

AIR
AMERICAN
ATTITUDE
BOOST
DISTRACT
FEELINGS
FRIEND

GRATEFUL
HOBBY
ILLNESS
JOURNAL
LAUGH
MENTAL
MOOD

MUNDANE
MUSIC
OUTLOOK
OUTSIDE
POSITIVE
PRESSURE
REDUCE

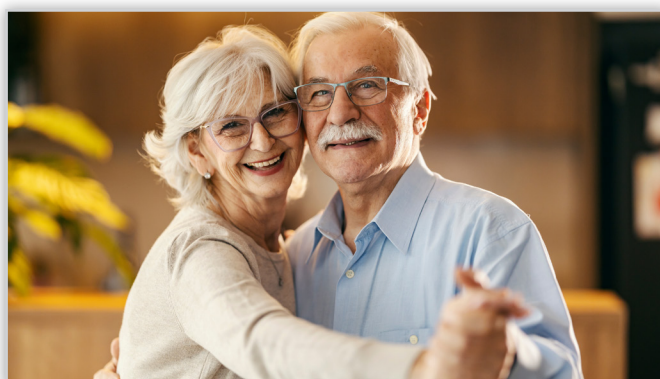
SMILE
STRESS
SUFFER
TECHNOLOGY
WALK

O Y H D R T A C H O U J C L P Z U L L A U G H N P H
G B O T T V G W K J Q P J L R F J Y X O U T L O O K
W H U P H M V H M L U E Z I N S E Q J S A P I X N K
W N T D S X O X U E Z R U F A X O E G O A A L T I Z
Q H S N W R A O N X J S U F F E R V L I U M K M A T
L O I X K H U M D E D G R A T E F U L I N R U B M A
P X D D F F L G A F P W F X G Q W L T Q N K N O M O
L N E J R D B E N D C K J X Y L B J G L J G E A B T
N P V S I I R M E A T E C H N O L O G Y E Q S T L K
W O K N E S S Z A T T I T U D E L D O J T E G C D F
A S M I N T Z T V G Q P Z I L L N E S S J S M I L E
I I L J D R U Y R S T R W W A Z N J A M T N K L X C
R T C P Z A U R K E Q E F I N E X A T A M E N T A L
K I A T A C S K M X S S D G P T E A V O K J N X U M
O V D O C T N N J W C S N Q A B M R K F S H O B B Y
P E S V O M U S I C B U Q M F R E D U C E M Y U O M
V G Y M Q M Q W Z N H R E C D E W A L K Y J X Z E U
I C A M E R I C A N Q E A B X Q I A L C N A U T D Z

Health Tip

Dance your way to happiness!

According to AARP, dancing can reduce stress and tension; strengthen bones and muscles without hurting your joints; and ward off illnesses like diabetes, high blood pressure, heart disease, osteoporosis, and depression. So, lace up your dancing shoes and allow yourself to have a great mind-body workout.



UF Health Medical Group - On Campus Practitioner



UF Health Medical Group has opened a clinic on campus for our residents to have easy access for doctors visits. They specialize in adult preventative care, acute illness care including colds, flu and respiratory infections, chronic disease management, immunizations, routine physicals and wellness exams, routine screening and treatment of minor injuries. Call (352) 720-7980 and schedule an appointment to be seen at the Waterman Village on campus location or with any questions.

Upcoming Events:

Heart Disease Support Group

May 13th at 10:30am

Lakeside Conference Room

Parkinson's Support Group

May 20 at 2:30pm

Osborne Center in the EOC

Diabetes Support Group

May 27 11:00am

Osborne Center in the EOC

Next Wellness Clinic -

June 26th. Sign up sheet will go up beginning of June.

Outpatient Open House

We are still in process of renovating out Outpatient Clinic, but looks for date in June or July for a fun Open House so we can show it off!

Also, coming soon - Waterman Village Merch

Wellness resources

- [John Hopkins - The Friend who Keeps You Young](#)
- [Humans Animal Bond Research Institute](#)
- [NIH - The Power of Pets](#)

Word search key

O Y H D R T A C H O U J C L P Z U L L A U G H N P H
 G B O T T V G W K J Q P J L R F J Y X O U T L O O K
 W H U P H M V H M L U E Z I N S E Q U S A P I X N K
 W N T D S X O X U E Z R U F A X O E G O A A L T I Z
 Q H S N W R A O N X J S U F F E R V L I U M K M A T
 L O I X K H U M D E D G R A T E F U L I N R U B M A
 P X D D F F L G A F P W F X G Q W L T Q N K N O M O
 L N E J R D B E N D C K J X Y L B N G L J G E A B T
 N P V S I I R M E A T E C H N O L O G Y E Q S T L K
 W O K N E S S Z A T T I T U D E L D O J T E G C D F
 A S M I N T Z T V G Q P Z I L L N E S S J S M I L E
 I I L J D R U Y R S T R W W A Z N J A M T N K L X C
 R T C P Z A U R K E Q E F I N E X A T A M E N T A L
 K I A T A C S K M X S S D G P T E A V O K J N X U M
 O V D O C T N N J W C S N Q A B M R K F S H O B B Y
 P E S V O M U S I C B U Q M F R E D U C E M Y U O M
 V G Y M Q M Q W Z N H R E C D E W A L K Y J X Z E U
 I C A M E R I C A N Q E A B X Q I A L C N A U T D Z

Crossword puzzle key

1 F I S H
 2 S H
 3 F U
 A P
 M P
 I B O N D
 L R
 5 S Y M P T O M S
 E
 7 H T H
 9 P R E S S U R E
 A A
 R L
 10 V I S I T T H