

Better Self-Care for Following Year

The COVID-19 pandemic has changed a lot of things: schedules, the amount of time spent at home, and how we spent our holidays this year. Do you set goals, do not make changes, and think they will magically start benefiting different results? A good New Year's Resolution could be practicing new self-care practices.

Accept Your Feelings When we face external stressors, such as the COVID-19 pandemic, practicing mindfulness can help to deal with things that are outside of your control. The focus of mindfulness is to be aware, conscious, and focused on the present. Some mindfulness exercises include Meditation, Yoga, Deep Breathing Exercises

Maintain Healthy Eating Habits The stress of the past year has contributed to many of us gaining weight. Many of us have eaten more sweets and snacks than we usually consume.

According to the Academy of Nutrition and Dietetics, people who eat a healthy and balanced breakfast that contains carbs and protein experience fewer cravings throughout the day. Carbs provide energy, and protein helps to keep you feeling full. For a breakfast try oatmeal with cinnamon and nuts, or egg and raisin toast.

Making sure you drink enough fluids is always important. Aim to drink 6-8 glasses of fluids/day. If you only drink juice or soda, that can add up to a lot of calories.

Keep Moving This season, try and keep moving. If you cannot get outdoors, put on some music or a television show and march in place.

Manage Your Expectations Try to accept yourself, your emotions. This starts with accepting our emotions, rather than fighting them. Leave the "shoulds" at the back door.

Goal for 2022: What can you do to practice better self-care this new year?

HAPPY NEW YEAR

Poor Weather Conditions- Make sure you have enough food in house for few days. If you need extra food for cancelation day please contact us at 978-281-1750

- 1. CANCELLATION OF MEALS DUE TO WEATHER or EMERGENCY:** Meals will be canceled when the weather threatens the safe delivery of the meals. SeniorCare will send an automated (Robo) call to let you know that meal delivery is cancelled. **A recorded message when meals are cancelled will be available on 978-865-3560 before 9:00am or after 9:00am call 978-281-1750**
 - Help our drivers by making sure house number is visible from road. Please have walkways and stairs clear for our drivers. If it is not safe for driver to deliver, we will call you.