



# 8 Ideas to Support Your Health & Wellness

Wellness for your body, mind and soul goes a long way now more than ever.

Here are some suggestions, which are based on science and common sense, to stay healthy during pandemic.



1

Get some good time outdoors each day.

Wash your hands throughout the day.

2

3

**Plant your own garden.**

Start some seeds. Local nurseries are selling starts as essential services. Get them in the ground.

Express appreciation out loud to yourself and your loved ones.

4

5

Drink at least eight glasses of water a day to keep your body well hydrated.

6

Get solid sleep each night (7–8 hours).

7

**If you are in distress,**

reach out to the Substance Abuse and Mental Health Administration's Disaster Distress Helpline: 1-800-985-5990.

8

**Check in on elders.**

Do their shopping for them so they don't have to be in public. And call or video chat them every day so they feel loved and not isolated.



**And remember, Assisted Living Services Inc., is here to help you with all your eldercare needs.**

We hire only **experienced caregivers** who have completed Home Health Aide or Certified Nurses Aid programs. All applicants are subject to a criminal background check. Caregivers receive ongoing in-service training on all subjects relevant to caregiving, including client safety, infection control, confidentiality, safe food preparation, and bloodborne pathogens.

We continue to closely monitor the COVID-19 pandemic and follow guidelines from the Centers for Disease Control and Prevention, Home Care Association of America and State and Local Authorities.

Assisted  Living  
SERVICES, INC.

Call us: (203) 634-8668

[www.assistedlivingct.com](http://www.assistedlivingct.com)