

# THE **A** - **B** - **C** OF SELF CARE FOR SENIORS



## **AWARENESS**

- Check in with yourself – Notice how you're feeling physically, emotionally, and mentally.
- Listen to your needs – Don't ignore warning signs or discomfort.
- Speak up and stay informed – Ask questions and make choices that support your well-being.



## **BALANCE**

- Keep life in balance—rest, movement, connection, and joy.
- Honour the changes that come with aging and make space for healing.
- Nourish your body, lift your spirit, and do what makes you smile.



## **CONNECTION**

- Stay connected – Human connection keeps you strong and resilient.
- Nurture supportive relationships – Surround yourself with people who lift you up.
- Honor your roots – Stay close to your faith, culture, and community.