

# Remember the 4 M's...

## MINDFULNESS

Mindfulness is the awareness that emerges through paying attention on purpose, in the present moment, and non-judgmentally to things as they are. Mindfulness and self-compassion therapy was effective in **improving resilience** and **decreasing anxiety, avoidance, and negative self-focus** in older adults (Perez-Blasco et al. 2016).

## MEANINGFUL CONNECTION

You are worthy of connection, you are worthy of being known. A meaningful connection includes being emotionally vulnerable and open with someone, showing affection to them and receiving it in return, and knowing that you can count on someone. We can meaningfully connect in marriage, friendship, relationships with our children, and with our neighbors. This can happen via text, email, phone call, postal mail, and video chats. Show up for one another when needing to share or need help. You will find people who have the capacity and desire to build meaningful relationships, and if you haven't found them yet, keep looking. Because they're worth it, and so are you!

## MOVEMENT

Any type of movement that you can do in the comfort of your home, around your garden or yard, and stretching, as permitted by your physician, is helpful to prevent restlessness and maintain muscle and joint health. Chair and wall assisted exercises may be a nice way to start.

<https://www.lifeline.ca/en/resources/14-exercises-for-seniors-to-improve-strength-and-balance/> 

<http://www.allwayshomecare.org/best-exercises-older-adults/>

## MASTERY

Don't forget Brain health! Now is the time we can engage in activities that will exercise your brain. Puzzles, word searches, crosswords, etc. Also mastering the skills you may have learned in your treatment groups and/or individual therapy.