

# Mental Wellness

## RESOURCES FOR OLDER ADULTS

### ENJOY THE FRUITS OF YOUR LIFE

Aging brings many highs and many lows. Poor mental health is not an inevitable part of getting older. You can take steps today to cultivate wellness, and build the future you want. From simple changes, new approaches, and getting the right support, you can grow the roots of mental well-being. You deserve a happy and healthy life.

### START WITH YOUR DAILY ROUTINE

- [Canadian Physical Activity Guidelines for Older Adults](#)
- [Canada's Food Guide: Healthy Eating for Seniors](#)  
Eating well is an important part of wellness. This guide can help you maintain a healthy diet as you age.
- [Action For Better Aging: Keeping Well and Socially Connected](#)  
Tips for maintaining and improving your social life.
- [Fountain of Health App](#)  
Set small, doable health goals in areas that matter to you. Free and available on all devices.

### BOOST YOUR MENTAL HEALTH KNOWLEDGE

- [Wellness tips for anxiety and depression](#)
- [Social connection and health aging](#)
- [ementalheath.ca - Mindfulness 101: The Basics](#)  
Mindfulness is a popular and effective way to improve your mental health.
- [Sinai Health - Common mental health conditions for older adults](#)  
Learn about mental health issues in older adults and their treatment.



### REACH OUT FOR SUPPORT

[What is therapy and how it can help?](#)

[Canadian Mental Health Association](#)  
CMHA offers mental health support across Canada.



**CCSMH**  
Canadian Coalition for  
Seniors' Mental Health

*Financial contribution from*



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[www.ccsmh.ca](http://www.ccsmh.ca)