

# 7

## Ways to Wellbeing for Townsville Older Persons

This resource has been developed in a collaborative process with members of the Townsville Older Persons community. Thank you to everyone involved.



### 1. Appreciating your home environment

The way we feel about our home environment will impact our wellbeing.

- create an emotional connection to your home and stay connected to family and friends.
- accept where you are and focus on what you can do.
- choose meaningful belongings with connection when downsizing.



### 2. Enhancing connectedness

Human beings need to belong, and we benefit from a sense of connectedness with those around us. Understanding what motivates our behaviour builds satisfying relationships.

- establish social connections that foster joy and self-esteem.
- reach out and expand social networks and engage with young people.
- become a volunteer and join community events to meet new friends.



### 3. Building capability for independence

Building capability enables us to maintain independence, self-agency, and a sense of freedom.

- engage in activities that maintain self-agency.
- take part in activities that nurture resilience.
- choose to safely step outside of your comfort zone.



### 4. Continuing to live your best life

Focusing on wellbeing and joy is not a set and forget approach. It is a journey assessing what is working and acting on what is not working.

- identify one thing that you are grateful for every day.
- surround yourself with people who assist you to live your best life.
- make choices that give you feelings of joy and abundance.



### 5. Encouraging brain health

Good brain health is about realising your abilities and optimising your cognitive, emotional, psychological, and behavioural functioning to cope with life situations.

- eat healthy fresh food.
- go outdoors and connect with nature every day.
- keep your body, mind, soul, and spirit active.



### 6. Celebrating achievement

Celebrating achievement is about self-acknowledgement as well as coming together to celebrate your achievements and those of others.

- make life giving choices that foster freedom.
- enjoy and acknowledge small achievements.
- realise that doing something you enjoy is an achievement.



### 7. Supporting someone in distress

A conversation can make a difference in helping someone feel less alone and more supported when they are in distress.

- be attentive to the people around you in a non-judgemental way.
- be present in the moment and comfortable with silence when assisting a person in distress to feel calm, safe, and relaxed.
- continue to be supportive and check in.