

Second Helping

A Few More Things You Might Find Helpful from United Way Meals on Wheels

July 2020

Keeping Busy Keeps You from Feeling Lonely

Things You Can Do If You're Isolated Due to COVID-19

It's normal to feel stressed or lonely when you're confined indoors and cut off from people you normally interact with in person. But you need to make sure that protecting your physical health doesn't have the opposite effect on your mental well-being. Here are a few ways to cope with isolation by staying occupied and in touch with others.

- **Read or Listen to Audiobooks**

Go back and re-read some favorite childhood books. Make a list of books you've always wanted to read but haven't had the time -- and get started. Or find online magazines about topics you're interested in and soak up some knowledge.

- **Watch TV or Movies**

More than just background noise, TV can be a great companion between talk shows and new programs you may discover. You might also watch a series of theme-oriented movies.

- **Listen to or Play Music**

Go through your records, tapes or CDs and listen to music that makes you happy. If you own an instrument, play it. If you've forgotten how, now's the perfect time to re-learn.

- **Play Games**

Stimulate your mind with crossword puzzles, solitaire or online chess. If you have a partner at home, play cards or board games together.

- **Get Organized**

Maybe there's a closet that needs cleaning out. What about a room you'd like to re-decorate a little? Try moving a few items from one space to another to give the place a new look.

- **Get Creative**

Put your cooking skills to work, if possible, by re-discovering those long-lost favorite recipes. Start a needlework or knitting project. Or put together a photo album.

- **Stay in Touch**

Call friends and family often. Do FaceTime if you can. Write letters. Or catch up with people on social media. We're all in this together, so conversation is good medicine!

- **SERVICE UPDATE: If you are currently receiving frozen meals in place of hot meals, that will practice will continue until it is deemed safe to resume daily deliveries.**

Questions for Meals on Wheels? Call us at 205.592.0413.

Source: VeryWellMind.com

Remove lower portion and return with your kind donation.

YES! I'll support Meals on Wheels so that even more people can look forward to a hot, nutritious meal and friendly visit day after day. My tax-deductible contribution is enclosed in the amount of:

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Please make checks payable to Meals on Wheels and mail in the enclosed postage-paid envelope.

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