

Supporting Mental & Emotional Well-Being



Factsheet for People Living with Dementia and Care Partners

In this factsheet, you will learn about:



How to Support Your Mental & Emotional Well-Being



Key ideas:

- Taking care of your mental and emotional well-being is a priority.
- Your physical and mental well-being are connected – so taking care of your physical health will help your mental health.
- Ask for help when feeling stressed or overwhelmed.

Ways to support your mental and emotional well-being:

- Spend time with family members and friends
- Take part in activities that you enjoy and give you purpose
- Eat a healthy diet
- Try to find ways to reduce stress in your life
- Take time to pause and notice small things that bring you joy
- Laugh
- Change your routine every so often to help stimulate your brain
- Get enough sleep
- Learn about dementia
- Talk to others living with dementia about what they do to support their mental well-being

Signs of stress: depression, tension, anxiety, headaches, fatigue, insomnia, memory loss, fidgeting, and/or substance misuse

How dementia may affect your mental and emotional well-being?

It is normal to feel a number of emotions after you are diagnosed with dementia and as your dementia progresses, including denial, frustration, anger, sadness, and relief. You will still be able to live meaningfully and purposefully.

- Talk with others about how you are feeling
- Do things to support your mental and emotional well-being
- Set a small goal for yourself to accomplish each day
- Contact your family doctor or the Alzheimer's society to ask about counselling and other supports

Notes, reflections, and goals:



How can I get started?

- Learn about dementia and what you can do to support yourself
- Be kind to yourself - some days will be better than others
- Ask for help when needed. Reach out to a family member, friend, your family doctor, or the local Alzheimer's Society

Where can I find more information?

- 5 Ways to Wellbeing - <https://tinyurl.com/2edpsyzz>
- Maintaining Health in Dementia - <https://tinyurl.com/43kepny7>
- Brain-healthy tips to reduce risk of dementia - <https://tinyurl.com/anee2un>
- Staying Healthy with Dementia - <https://tinyurl.com/smknh6vm>
- I'm Living with Dementia - <https://tinyurl.com/9we96s6f>