

5种提升你

精神健康的方法

1. 花时间做一些自己喜欢的活动（园艺、玩游戏、阅读）
2. 多在户外待一会儿，晒晒太阳！
3. 坚持活动身体！尝试一些运动，比如散步、举重和团体运动课程（瑜伽、水中有氧运动、太极）。
4. 和亲人在一起度过时光
5. 参与社区活动，比如：
 - 在你的社区做义工。
 - 参与和信仰有关的项目。
 - 加入老年中心或支持团体。

References:

1. Moon, A., & Cho, I. (2012). *Psychology of Asian American older adults: Status, challenges, and strengths*. In E. C. Chang & C. A. Downey (Eds.), *Handbook of Race and Development in Mental Health* (pp. 189–206). Springer Science + Business Media. [DOI link provided in original source]
2. "Older Adults and Mental Health." Harvey A. Friedman Center for Aging. Published June 2023.

Acknowledgement Text: The creation of this module was supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$620,918 (67% funded by ACL/HHS under Grant #90HDRC0011-01-00, PI: Mirza) and \$207,960 from non-government sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement by, ACL/HHS, or the U.S. Government.