

5 PAMAMARAAN UPANG MAPAGBUTI ANG IYONG KALUSUGANG PANGKAISIPAN

1. Maglaan ng oras para sa mga nakasanayang gawain (pagtatanim, paglalaro, pagbabasa)
 2. Maglaan ng oras na lumabas at magpa-araw!
 3. Maging aktibo! Simulan ang mga pisikal na aktibidad tulad ng paglalakad, pagbubuhat ng timbang, at mga ehersisyong pang-grupo (yoga, water aerobics, tai-chi)
 4. Maglaan ng oras para sa mga mahal sa buhay
 5. Makilahok sa mga aktibidad ng iyong komunidad tulad ng:
 - pagboboluntayo
 - paglahok sa mga programang batay sa iyong pananampalataya
 - pagsali sa support group sa mga senior center
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References and Acknowledgements

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.

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