

## Improving Mental Health

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1. **Spend Time Doing Your Favorite Activities:** This could include hobbies like gardening, playing games, or reading.

The text is presented alongside an image of two older adults stretching with right arm raised overhead along with a man lifting dumbbells overhead.

2. **Spend Time Outdoors and Get Some Sun.**

The text is presented alongside an image of three older men sitting on a bench, engaged in conversation.

3. **Be Physically Active:** Engage in activities like walking, lifting weights, or joining group exercise classes such as yoga, water aerobics, or Tai Chi.

The text is presented alongside an image of a young boy gardening with two older adults. The three individuals are working together, smiling, and enjoying the outdoor activity.

4. **Spend Time With Loved Ones!**

The text is presented alongside an image of two older adults and a young boy, with the adults guiding the boy as he helps mix ingredients in a bowl while they prepare a meal together.

5. **Be Involved in Community Activities:**
  - Volunteer in your neighborhood.
  - Participate in faith-based programs.
  - Join a senior center or support groups.

The text is presented alongside an image of a older person volunteering as they gather bags for a cleanup effort.

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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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