

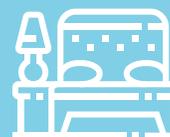
THE ESSENTIALS TO STAY ZEN

STAYING IN IS NOT EASY FOR FOR KIDS 70 YEARS AND OVER.

This is why we're offering you essentials to keep morale high in times of social distancing.

MAKE YOUR BED

Because it is easier to have an orderly mind when occupying an orderly place, keep your dwelling clean and tidy by first making your bed each morning.

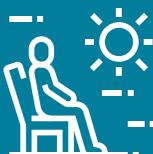


SHOWER

A shower refreshes the spirit and a bath creates a moment of relaxation. Both keep your body clean. As with the previous recommendation, the hygienic conditions of your body will maintain your morale.

CALL YOUR LOVED ONES

Human beings are sociable creatures who need to come into contact with their fellow humans. Social distancing does not mean isolation. Use the phone to ask about your grandson or to chat about the latest novel you read with Louise, who you usually play Bridge with.



CIRCULATE THE AIR

Once a week, open your home windows wide to let in fresh air. Take the opportunity to have tea on your balcony.

BREATHE FRESH AIR

Take time for a daily walk. Not only does this option allow you to move, it also allows you to get some fresh air.



MOVE

It's raining? It's windy? It's cold? Nothing prevents you from moving in your living room! A few yoga poses or stretches provide an immediate well-being.

EAT HEALTHY

Give yourself varied, nutritious meals at regular times because, as Obélix said: When the appetite goes, everything goes.



FIND HOBBIES

Watch Gone With the Wind, feeling bored take out a deck of cards or relax and take your stress away with Mandala coloring page. Make it so that your days are filled with activities. Lacking inspiration? Your Activities Coordinator has a vivid imagination that can help.

REMEMBER:

Sélection Retraite's team mission is to contribute to your well-being. Do not hesitate to contact the reception of your residence so that the team can help you.