

## EXPERT OPINION on emotional well-being

“Sadness, loneliness and depression are not normal parts of growing older. Taking care of your emotional health will improve your quality of life at any age.”

— *Edgardo Pérez, MD*

“Persistent emotional problems are real medical conditions and usually require professional treatment. Don’t neglect your emotional health because you believe your problems are ‘all in your head’.”

— *Terry Rabinowitz, MD*

### Where can you get more information?

For more information contact:

- ▶ Your family doctor or nurse practitioner
- ▶ Your local Public Health Unit
- ▶ Canadian Mental Health Association: 416-484-7750

And use the Internet:

- ▶ Canadian Mental Health Association: [www.cmha.ca](http://www.cmha.ca)
- ▶ Canadian Coalition for Seniors’ Mental Health: [www.ccsmh.ca](http://www.ccsmh.ca)
- ▶ Canadian Health Network: [www.canadian-health-network.ca](http://www.canadian-health-network.ca)



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- Primary Health Care Transition Fund
- Homewood Research Institute, Guelph, ON
- Department of Health Studies and Gerontology  
University of Waterloo, Waterloo, ON  
[www.ideas.uwaterloo.ca/interRAI](http://www.ideas.uwaterloo.ca/interRAI)

## Feel Well and Live Well

### Emotional Well-being and You



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# Feel Well and Live Well

## Emotional Well-being and You

### Do you sometimes feel ...

- ▶ that you have little interest or pleasure in things you would normally enjoy?
- ▶ anxious, restless or uneasy?
- ▶ sad, depressed or hopeless?

If you answered “yes” to any of the above questions and this has gone on for more than two weeks, it is important to talk with your doctor or other health professional. They may be able to suggest ways to help.

During our lives, we experience many changes. Some life events can make us feel sad, lonely, restless and uneasy. These feelings can affect anyone at any time, and can go on for a short time or a long time. Ignoring your feelings may not make them go away.



### What affects emotional well-being?

Your emotional well-being may change because of stressful life experiences like:

- ▶ chronic illness
- ▶ moving to another home
- ▶ death of a loved one
- ▶ ongoing worries or daily hassles
- ▶ concerns about the future
- ▶ financial problems
- ▶ family conflicts
- ▶ caregiving duties
- ▶ divorce or separation
- ▶ traumatic life events

Some examples of problems that can affect your emotional health include:

- ▶ chronic pain or fatigue
- ▶ problems with sleeping
- ▶ alcohol or drug addiction
- ▶ hormonal changes
- ▶ biochemical changes in the brain

### What can I do to feel better?

There are many things that you can do to feel better:

- ▶ Talk with friends or family, either on the phone or in person
- ▶ Talk with your doctor or other health professional
- ▶ Eat a balanced diet
- ▶ Be as physically active as you can

“Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”

— World Health Organization