

IMPROVE EMOTIONAL HEALTH

Regularly wear hearing aids and be:

01.



SOCIAL: Good social connections, volunteer, travel

02.



RESILIENT: Take time for yourself, face problems from different angles

03.



RESTED: Relax, limit alcohol, better quality sleep

04.



MINDFUL: Be aware of your body, enjoy present moments

05.



PREPARED FOR LOSS: Talk to someone, support group, doctor