

Mental Health - Care & Research Santé mentale - Soins et recherche

TAKING CARE OF MYSELF WHILE PRACTICING PHYSICAL DISTANCING

It's hard when so many outlets and activities are canceled during the Covid-19 pandemic. Here are some ideas of how you can take care of yourself at home. Try and do something from two areas each day.

MENTAL

Choose an activity that stimulates your brain: reading, word games, crosswords, puzzles, chess, Scrabble, online learning or even watching a documentary or a movie with an engaging plot.

PHYSICAL

Try and do a little bit of exercise every day. 10 minutes is a great start, 30min/day is best if possible. Walk, run, stretch, do pushups, sit ups, squats.

Also remember to shower, brush your teeth, and maintain a good sleep schedule. TAKING CARE OF ALL OF ME

SOCIAL

Connect with friends, family, or your mental health support worker by phone, text, or online. Ask for help when you need it and check in on others to offer your support.

Applications like Skype and Zoom can help!

EMOTIONAL

Creative activities help us express our emotions. Try painting, drawing, writing, poetry, knitting, claywork, listening to music, or making music.

Relaxation activities are recommended.

SPIRITUAL

Think about what helps you feel at peace and to have hope: Being near nature, sitting in the sunshine, feeling fresh air, taking time to "be in the moment."

Try deep, slow breathing, meditation, relaxation, prayer, or keeping a gratitude journal.

BEGIN BY MAKING A DECISION ABOUT ONE THING YOU CAN DO TODAY.

Make a good decision; it doesn't have to be the best one. Making a decision focuses your attention and reduces worry. Decide to take the next right step!

AND REMEMBER TO WASH YOUR HANDS!