Take Care of Your Mental Health and Well-Being

COVID-19 is changing our circumstances and can also contribute to feelings of anxiety and stress. Staying home is an important way to reduce the spread of COVID-19, but spending a lot of time at home can add to the stress for everyone. Focus on what you can control, and do things to take care of your mental health and well-being during this difficult time:

1. **Take deep breaths**. Simple breathing exercises can help ease stress. Try breathing in deeply, counting to three, hold for a count of three, and then slowly breathe out, counting to three.

2. **Have a routine**. Structure your day and maintain positive habits.

3. **Let in the sun**. Open windows. Sunlight can improve your mood.

4. **Exercise, dance and have fun.** Blow off steam and boost those endorphins.

5. **Call or virtually connect with loved ones.** Lean on each other for support.

6. **Stay informed.** Check credible sources of information for updates but take breaks when needed. Taking in the news all day can be draining. Unplug for a bit and recharge – listen to music, meditate, catch up on reading or listen to a podcast instead.

7. **Look for the positives.** Share inspirational stories of people helping one another.

8. **Engage your brain**. Do a word search, Sudoku, jigsaw or crossword puzzle.

9. **Help others**. Volunteer to pick up groceries or walk the dog for a neighbour who is self-isolating. Helping someone else can make you feel good.

10. **Seek help.** If you are feeling overwhelmed, reach out. Community help is available.

#StayHomeTO. Stay safe and take care of each other.

March 27, 2020