Mental Health

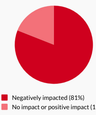
[Coping Methods for Self-Care]

PRIORITIZE MENTAL WELLNESS

The COVID-19 worldwide pandemic has led to some trying times.

Whether you're worried about family, a neighbourhood, a community or even just yourself, it's natural for anxiety, stress and depression to come into play. Here are a few tips to help keep them at bay:

01 Accept that some anxiety and fear is normal.



According to a survey from Morneau Shepell, Canadians have overwhelmingly reported that their mental health has been negatively impacted from the disruption caused by COVID-19.

Know that you're not alone. Anxiety and stress in the face of the unknown is perfectly normal.

02 Be smart with media consumption.

We are still learning about the impact this virus will have on our day-to-day lives. The situation is changing daily, though these changes will not all affect you directly.

Stay informed, but be cautious of over-extending yourself. Information overload can cause panic — so remember to take a break.

Seek out credible information. Be wary of posts shared on social media until you're able to vet the information. Trust official channels, including Health Canada.

03 Be kind and empathetic to yourself.

It's okay to not be okay. Take each day as it comes, and remind yourself throughout that you're doing your best. Yes, even on days when it's everything left in you just to get out of bed.

Mental health isn't a switch to be turned on and off at will — it's a continuous non-linear process. Not every moment during this pandemic will be a productive one. Don't let that impact your sense of self-worth or value.

04 Fuel your body effectively.

As much as you can, choose fruits and vegetables over comfort food that is high in fat and sugar.

Avoid substance abuse, including alcohol, smoking and drugs. Using these to cope could potentially lead to addiction issues.

Watch your caffeine intake! Too much of it can interfere with sleep and amplify anxiety.

05 Seek out help.

Don't feel like you have to suffer alone. There are mental health resources available across the country, including:

Kids Help Phone (for ages 5-20): 1-800-668-6868

Crisis Services Canada (for urgent care): 1-833-456-4566

Canadian Mental Health Association (to find local resources) https://cmha.ca/find-your-cmha

SOURCES

Centre for Addiction and Mental Health
Mental Health Commission of Canada
Mind Your Mind
Crisis Services Canada
Canadian Mental Health Association
Morneau Shepell

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