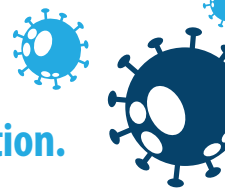


Mental Health during COVID-19



It is natural to feel stress, anxiety, grief, and worry during and after a stressful situation.

Everyone reacts differently, and your own feelings will change over time. Notice and accept how you feel. Self-care during a stressful situation will help your long-term healing. Taking care of your emotional health will help you think clearly and protect yourself and your loved ones.

For Children and Youth

We know that COVID-19 is probably on your mind. Everyone is talking and worrying about it. And some of your favourite activities and places are being cancelled or closed. So how are you supposed to deal with all of this? Here are some tips:

1. Keep active

It is important for both your physical and mental health to do 30 minutes of exercise a day. This can include going for a walk, stretching/yoga, playing active video games, or having a dance party! It doesn't matter what it is, as long as it gets you moving!

2. Have fun

Do things that make you feel good. You could go outside and play or stay in to read a book. Be creative and make a craft. Draw, write or make music. All of these things can help you feel good and relax. You might even find some fun things online that will allow you to continue to participate in activities you enjoy. For example, some dance companies are starting to offer free live dance classes online. Or some musical artists are streaming live concerts. See what you can find!

3. Keep a routine

It's very important to sleep, exercise, and eat healthy food every day. Even though you may have nowhere to go, it's important to keep a fairly regular routine. On weekdays, change into daytime clothes (save the pajamas for the weekend). Create a schedule for each day, including things like physical activity, learning, fun, connecting with friends and family, and quiet time.

4. Keep in touch

Even though we are being asked to keep our distance from each other, that doesn't mean you can't connect with family and friends. In fact, it's very important for your mental health to keep in touch. Use technology to help you contact your friends and family regularly. Connect using the phone, social media, FaceTime or WhatsApp, etc. Whatever works for you and your loved ones!

5. Know the facts

It can be helpful to learn more about COVID-19, how to protect yourself, what the symptoms are and what to do if you feel sick. There is a lot of information out there about COVID-19, but it's important to make sure you are getting your information from trustworthy sources. But, don't spend too much time watching, reading, or listening to news stories. It can be upsetting to hear about it too much.

Reaching out for help is not a sign of weakness; it is a sign of strength.

CHIMO Helpline - Help is just a phone call away: 1-800-667-5005

Hope for Wellness Helpline – The Hope for Wellness Helpline offers immediate mental health counselling and crisis intervention to all Indigenous people across Canada: 1-855-242-3310

Kids Help Phone - Text TALK to 686868 or call 1-800-668-6868 to chat with a volunteer Crisis Responder 24/7.