

Mental Health Motto:

Lower the Stress, Enrich the Relationship

Stay Connected

- Build on relationships at home and virtually.
- Take the extra time with your family to explore, play, talk, and learn together.
- Spend time with your pet.



- Be present.
- Call a friend.
- Talk to an Elder.
- Video chat with a relative.
- Check in on others.

Think Positive

- Let go of what you can't control, and focus on what you can control – discuss feelings regularly.
- Minimize time spent reading the news.
- Ask yourself: What am I grateful for today?
- Continue doing the things that you enjoy.
- Celebrate what is going well.



Instructions

1. Pause to check up on yourself – how are you feeling?
2. Consider each strategy listed.
3. Which one works best for you right now? It might be a different strategy tomorrow, but that's ok.
4. Give it a try!

Get Active

- Get out on the land!
- Find a new trail to hike.
- Have a schedule and do your everyday activities to stay on track and keep routine.
- Exercise at home: find some fun dance or work out videos on YouTube – get the kids involved!
- Aim for at least 30 minutes of daily physical activity.
- Remember to get enough sleep to give your body the energy it needs!
- Learn about your culture.



Remain Calm

- Slow your body down: this calms your brain and relaxes your body.
- Listen to your favourite music and relax: go for a walk, stretch, or lay down.
- Stop, take 5 deep breaths, tightening and releasing your muscles.
- Visualize a peaceful place, like the forest, beach, or mountain.
- Read a book.



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