





Tips to Maintain Your Mental Health During COVID-19

Many mental health programs, including St. Joe's, are currently offering virtual services during this time.

For more information:

-  connectmhap@stjoes.ca
-  905.522.1155 ext. 36499

Helpful and Free Mental Health and Mindfulness Apps

- MindShift
- Happify
- Breathe2Relax
- Calm

Focus on What You Can Control. When things are feeling uncertain, remember that you can make choices every day about actions that are within your own control such as what to eat, the clothes you will wear, and healthy behaviours like good hand hygiene and coping responses.

Practice Self-Compassion. Remember that this unprecedented time is challenging for everyone and you are not alone in feeling overwhelmed. Acknowledge your emotions and treat yourself with the same kindness you would offer to others.

Engage in Health Promoting Behaviours. It is difficult to feel psychologically balanced if you are not taking good care of yourself. Make sure that you eat regular meals, limit your substance use, exercise when possible, and get enough sleep. Do not aim for perfection but try your best when you are able.

Be Mindful, Breathe and Relax. Feeling stressed can cause significant tension and even pain in our bodies. There are many online apps and resources on mindfulness, breathing and muscle relaxation exercises. Try adding these to your daily routine. Increasing your mindfulness and connection to the present moment can help you reduce your worry and experience moments of peace.

Tap into Your Creativity. Find ways to express yourself creatively—draw, paint, knit, write, play music...the sky is the limit! Are there any old hobbies you can start again? Or start a new activity that you have always wanted to try.

Tune in, but know when to tune out. Staying informed about COVID-19 can help you to stay safe, but be mindful that too much information can be anxiety-inducing. Pick reputable sources of news and limit your media consumption about the pandemic to 5-10 minutes per day.

Stay Socially Connected. Physical distancing means we need to find new ways to connect with family and friends. Set up a video chat to talk, play board games together or watch the same show.