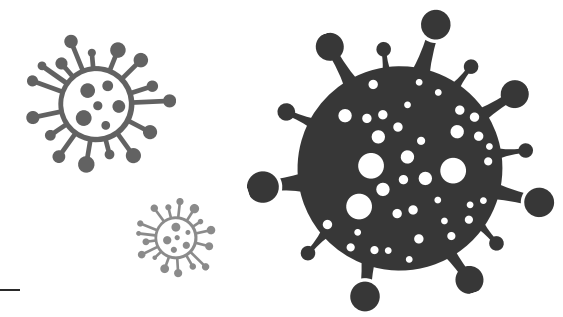


COPING DURING COVID-19

STRESS, ANXIETY AND SUBSTANCE USE

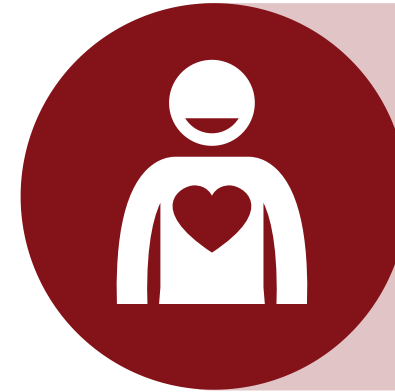


Feelings of stress and anxiety during COVID-19 are normal and coping can be a struggle. These actions may help.



Taking care of your body is a good first step

Eating, sleeping and drinking water can help you maintain good health.



Being kind to yourself is good for your mental health

You are doing your best to manage during a difficult time.



Staying connected with friends and family can help with coping

Giving attention to the people that support you can be helpful.



Talking about how you are feeling can lighten the load

Whether it's a friend, family member or a professional – support is available.



Being active can boost your mood

Finding an activity you enjoy and moving everyday is good for your mental health.



Spending time in nature is good for your mental health

Twenty minutes a day in nature can reduce stress.

IF YOU NEED HELP NOW, 24/7 SUPPORT IS AVAILABLE THROUGH CRISIS SERVICES CANADA

Phone (toll-free): 1-833-456-4566 Text: 45645

Find more mental health resources: myhealthunit.ca/mentalhealthservices