

Let's continue to protect ourselves!





COVID-19: Let's protect our mental health too! Self-care

The current coronavirus pandemic (COVID-19) is a completely new and unusual reality. In such a situation, it is perfectly normal to feel overwhelmed and to be struggling to find balance in life. Below are some tips to help you cope with the situation in a healthy way:

Be patient and kind to yourself

- Try to improve your self-awareness and to accept your emotions/reactions;
- Be confident, believe in your abilities and focus on your strengths;
- Allow yourself to feel whatever emotions you are experiencing (anger, sadness, anxiety). Accept that it is a normal response when facing such exceptional circumstances;
- Understand stress reactions may be varied;
- Talk about what you are going through with your loved ones or someone you trust.

Stay healthy

- Keep a healthy diet, be active every day and get a good sleep;
- Find a daily routine despite quarantine measures: go outside in your garden or on your balcony, dance/exercise in your living room, go up and down the stairs, go for walks alone or go jogging;
- Have a good laugh, joke about things;
- Remember that being positive spreads around!

Find easy daily goals for yourself

- Find a project for yourself that you will enjoy and work on it a bit everyday, step by step (working in your garden, painting your house, trying a new recipe, making a photo album for seniors);
- Explore new horizons, try new activities (e.g. learning a foreign language/how to play an instrument, drawing etc.).

Avoid <u>news overload</u> (traditional and social medias)

- Limit media exposure (an overexposed brain is a more worried brain);
- Focus on the official daily briefing.









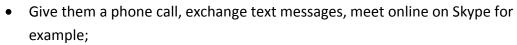


Learn to tolerate uncertainty

- Be flexible, accept your emotions;
- Remember everybody is trying to adapt to this new situation;
- Keep in mind that answers to your questions will not come immediately.

Give yourself time for leisure and relaxation

- Relax, meditate, try mindfulness exercises;
- Take a bath, watch movies or fun T.V series;
- Listen to some music, play boardgames with your family;
- Read, let your creativity flow.
- Keep in touch with your loved ones (family, friends, colleagues etc.)



- Send emails or letters.
- Avoid over-consumption of alcohol, medication and drugs
 - Maintain healthy life habits (when facing a high level of stress, it is tempting to find ways to escape and to avoid anxiety);
 - Also limit your coffee consumption and other psychostimulants that could aggravate anxiety.



- > Psychosocial help line: Info-social 811
- > Suicide prevention hotline: 1-866-APPELLE (277-3553)
- Essential services directory: http://ressortgim.ca/covid-19/ (in French)
- Mental Health resource Guide for the Gaspé Coast and the Magdalen Islands: https://casa-gaspe.com/wp-content/uploads/2019/10/Mental-health-Guide_May9.pdf

Resources	
To deal with anxiety better :	For a healthy lifestyle:
 https://www.inspq.qc.ca/en 	 https://www.dietitians.ca/News/2020/Advice-for-the-general-public-
 https://ecolebranchee.com/ (in French) 	about-COVID-19?lang=en-CA
 https://carrefour-education.gc.ca/ (in French) 	 https://www.defisante.ca/(in French)
	 https://move50plus.ca/(in French)
	 https://www.quebec.ca/en/health/health-issues/a-z/2019-
	coronavirus/protecting-your-well-being-in-the-covid-19-pandemic/
o manage family time better :	Other sources of information :
 https://www.ecoleouverte.ca/en/ 	 http://www.thepharmafist.com/
 http://www.alloprof.qc.ca/ (in French) 	 https://www.cyberaide.ca/app/en/index
 https://www.teteamodeler.com/ (in French) 	 https://kidshelpphone.ca/? ga=2.82577878.1369731909.1591822880
 https://www.viedeparents.ca/ (in French) 	<u>1224784992.1591822880</u>
 https://naitreetgrandir.com/fr/ (in French) 	 https://www.ligneparents.com/LigneParents (in French)
 https://vifamagazine.ca/ (in French) 	 https://www.teljeunes.com/Accueil (in French)
 http://www.elaborer.org/covid_enfant.pdf 	 https://ampq.org/info-maladie/covid-19/(in French)
	 http://www.espacesansviolence.org/gaspesielesiles(in French)

We wish to highlight and thank Vision Gaspé-Percé Now for their contribution in the translation of this information sheet.





