

MENTAL HEALTH & WELL-BEING SUPPORT DURING THE COVID-19 PANDEMIC

BEING INTENTIONAL ABOUT USING THESE STRATEGIES WILL SUPPORT YOUR MENTAL HEALTH AND WELL-BEING



UNIVERSITY OF TORONTO

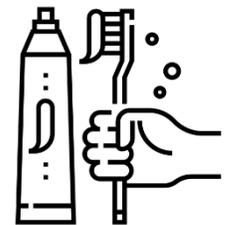
When Working Remotely:

Have a schedule for the day and develop a routine. Start the day with meditation or a calming activity. Get dressed as if you are going to work.

Designate a separate place for work, take regular breaks, and connect with others using text, phone, or Microsoft Teams.

Take care of your body. Take deep breaths, stretch, or meditate. Eat healthy, well-balanced meals, exercise regularly, and get plenty of sleep.

Make time to unwind and do some other activities you enjoy. Take breaks from the news, including social media.



If Self-Isolating or in Quarantine:

Some anxiety and fear is normal, so seek support – connect with others via video conferencing and tech apps. Social connections are a pillar of mental health. Check official sources once per day to keep up to date and avoid overwhelming yourself with information.

Practice self-care: eat healthily, get proper rest and sleep. If you are well enough, exercise, and meditate. Avoid substance use – including smoking and vaping, caffeine and alcohol.

Generate positive emotions by practicing gratitude: what are you truly grateful for? Family, friends, community. Write down your list daily.

You are resilient. Remind yourself of other difficult situations you managed. What did you do to cope? Challenge worries and anxious thoughts with more balanced ones.

Keep a list of important numbers, including your doctor, public health, pharmacy and hospital in case they are needed.



Additional Resources:

Sometimes, despite our best efforts to reduce our stress and anxiety, we may continue to struggle. Call [Homewood Health](#) any time at 1-800-663-1142 for confidential advice, counselling, and help. Services are offered remotely with additional tools available on www.Homeweb.ca

Sources:
[Manage Anxiety and Stress](#), retrieved March 18, 2020
[Mental Health and the COVID-19 Pandemic](#), retrieved March 18, 2020
[Insulating for Isolation: A Mental health Checklist for Getting Through Quarantine](#) by Dr. Bill Howatt, The Conference Board of Canada, retrieved March 18, 2020