

# 15 Mental Health Wellness Tips While Self-isolating



THE SOCIETY OF  
RURAL PHYSICIANS  
OF CANADA  
STUDENT COMMITTEE

**1** Adhere to a routine that includes both work and self-care. Try to wake up and go to sleep at regular times.



**2** Care for yourself. Shower, wash your face, brush your teeth, take a bath or do a facial.

**3** Dress in bright colors to uplift your mood or in clothes that make you feel good.



**4** Stay active for at least 30 minutes a day. Go outside, dance or watch YouTube fitness videos. [www.fitnessblender.com](http://www.fitnessblender.com) also offers free workout videos.

**5** Fresh air and sunshine can improve mood. Try to go out at least once a day, or simply open the windows.

**6** Drink lots of water and eat well to stay healthy! Take the opportunity to learn new recipes.

**7** Compensate social distancing with distant socializing. Connect with others through phone, text, Skype or FaceTime. Reconnect with old friends you haven't heard from in a while and find ways to give back to others.

**9** For those working or studying from home, have a dedicated workspace and set regular work hours to avoid burnout. Show compassion to yourself if you are struggling to focus during this time.

## TIPS FOR PARENTS

- Establish a routine at home.
- Play with your children, as they often demonstrate how they are feeling through play and seeking attention, rather than saying it.
- Set up virtual playdates—your kids miss their friends, too!
- Expect behavioral issues and respond gently. We are all struggling through this uncertainty together.
- Form support groups with other homeschooling parents.
- Many of the mental health wellness tips are applicable to kids too!

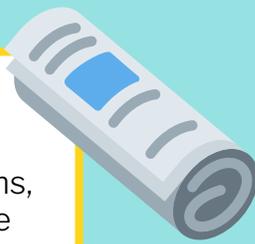


**MAKE SELF-ISOLATING AND SOCIAL DISTANCING YOUR NEW SELF CARE!**

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## BORED AT HOME?

- A lot of museums, zoos, aquariums, and theme parks are offering free virtual tours.
- Many libraries are offering free ebooks to borrow.
- Watch Netflix with friends! Netflix Party is a free chrome add-on that allows you to stream a Netflix show on multiple computers with no lag and even has a group chat.
- There are lots of free online party games, including online Codenames and Cards Against Humanity. You can also share your Xbox screen and play!
- Some theatres and opera companies are offering recorded plays to watch for free.
- There are many apps and free online classes that offer meditation, mindfulness practices, yoga, etc. Another good resource is [www.mindful.org](http://www.mindful.org).
- Learn a new language using free apps like Duolingo!
- Canada's National Ballet School is offering free online adult ballet classes at home!



10

Find a few trusted COVID-19 news sources (avoid rumours) that you can check periodically and set a time limit for yourself. Balance the heavy news with hopeful news.

11

If you live with others, be aware that each person will go through their bests and worsts. It is important to be patient and to not hold grudges or continue disagreements.

12

Have some lightness and humor each day, whether through cat videos on YouTube or a funny movie.

# NETFLIX

# YouTube



13

During chaotic times, ground yourself by finding something you can control in a healthy way, like organizing your bookshelf or clearing out your closet.

14

Find a long-term project to keep yourself busy, like putting together a huge jigsaw puzzle, renovating or reading the Harry Potter series...again.



15

Don't be afraid to ask for help! It's a sign of courage. Call a help line or reach out to friends. You're never alone.

Acknowledgement to the Nunavut Kamatsiaqtut Help Line for sharing their gathered mental health wellness tips for this handout.

Other sources:

- <http://www.sfu.ca/olc/blog/my-ssp/mental-health-wellness-tips-quarantine>
- <https://suicideprevention.ca/>
- <https://www.canada.ca/en/government/publicservice/covid-19/mental-health-tips.html>



### Need help?

[www.crisisservicescanada.ca](http://www.crisisservicescanada.ca)  
[www.suicideprevention.ca](http://www.suicideprevention.ca)  
[www.mentalhealthcommission.ca](http://www.mentalhealthcommission.ca)

**Hope for Wellness Help Line**  
For First Nations and Inuit  
1-855-242-3310



1.866.925.5454  
or connect through 2-1-1

Nunavut  
Kamatsiaqtut  
Help Line  
1-800-265-3333

KidsHelpPhone.ca  
1 800 668 6868

Kids Help Phone