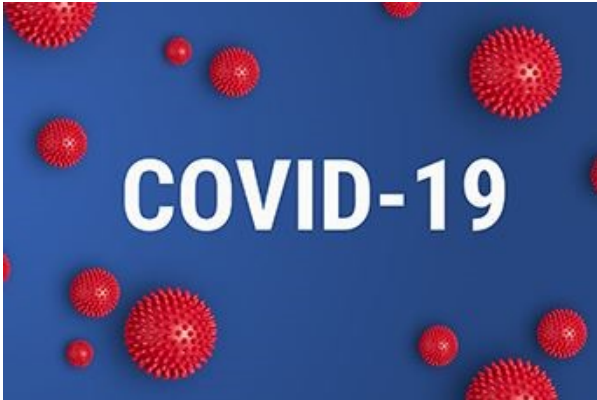


Reducing Worry & Staying Healthy

A Resource for People Receiving Supports and Services



There has been so much in the news about COVID-19 and at times it can make you feel worried or scared.

It's important to do things to keep yourself healthy and happy, even though a lot of things feel different right now.



Try not to watch the news too much. It's good to know what's happening but sometimes watching for too long can make us feel more worried or sad.

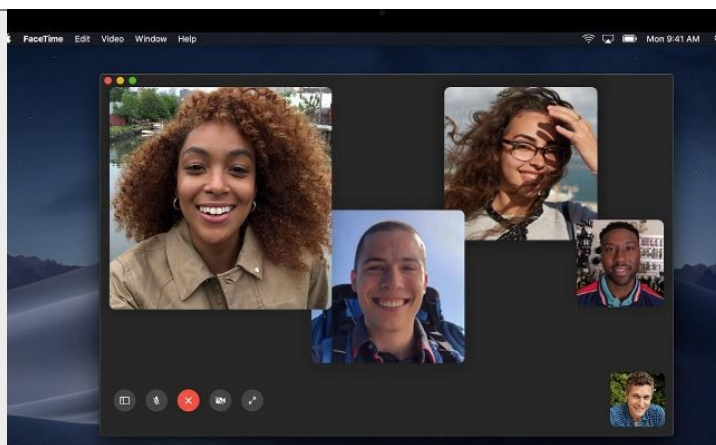
It's easy to spend lots of time on social media while everyone is talking about COVID-19 and sharing stories. Limiting the time you spend on social media can be a good thing.





*Try to get a good sleep each night.
This is important for staying healthy but
also for feeling good during the day.*

*Stay in touch with friends and family.
Since we're all trying to stay home as
much as we can, have a video chat
instead of a visit.*



*Get some exercise. If you can, go for a walk
outside or visit a local park, making sure you
are keeping a safe distance from other people.
Exercise is so good for you and being outside
feels really good when you can't go to your
favourite stores or places.*

*Eating healthy is a great way to keep your
body strong.
And cooking is a great indoor activity.
Try making something new!*





Remember that not everyone is going to get sick. And most people that do get sick, will feel like they have a cold or flu, then get better on their own.

On the news, they talk a lot about seniors getting sick with COVID-19. Not all seniors will get sick. By staying away from other people for a while, we can help stop COVID-19 from spreading.



You may feel upset because you can't go to the places you like or do the things you used to do in the community.

Use this time to try something new, like a craft, a project or watch your favourite movies.

*Talk to someone you trust about how you're feeling.
Often we feel better after talking and can enjoy the rest of our day.*

