



Taking Care During Difficult Times

Managing Stress During the Pandemic

It's normal to have feelings of uncertainty and anxiety

Avoid Information Overload <ul style="list-style-type: none">• Limit your intake of information and choose credible resources• Limit your conversations about the pandemic in your household, particularly with children. Stick to the facts and how your family will seek support if needed.• If you find the topic upsetting, set personal boundaries in conversations and in using social media.	Exercise Regularly <ul style="list-style-type: none">• Take part in physical activity daily• Choose activities you enjoy• If indoors for long periods of time, try playing indoor physical games like dance parties, musical chairs and interactive video games.• Interrupt long periods of sitting or reclining with activity (stretch, climb stairs, chores)
Eat a Variety of Healthy Foods Each Day <ul style="list-style-type: none">• Use Canada's Food Guide when planning meals and snacks• Make WATER your drink of choice!• Choose foods with less sodium, sugars and saturated fat.	Get Enough Sleep <ul style="list-style-type: none">• Establish a bedtime routine and stick to it, even if the normal daily events have changed.• Stay away from caffeinated drinks and large meals in the evenings• Engage in RELAXING activities 1 hour before bedtime.
STAY IN TOUCH WITH FAMILY & FRIENDS <ul style="list-style-type: none">• Use technology to stay socially connected even when you cannot be physically connected!	KEEP A SENSE OF HUMOUR <ul style="list-style-type: none">• Watch funny movies, tell jokes, play games!