



# TAKING CARE OF YOUR MENTAL HEALTH DURING THE COVID-19 PANDEMIC

**Limit News Stories** - Choose two to three reliable sources of information to get your updates from and choose 2-3 times a day to listen to any new developments. If something important comes up, you will still hear about it.

**Connect with others** - Of course, by still maintaining physical distancing. We can do this by calling, video-calling, and texting our loved ones.

**Exercise** (outdoors, in your community as much as you can) - Our threat systems are on hyper-alert during stressful times, allow them to discharge by moving your body.

**Continuing to engage in hobbies/interests** - such as reading, listening to music, putting together puzzles, playing cards, cooking. Hobbies help to relieve stress by keeping you engaged in something you enjoy.

**Sleep** - Sleep is critical to keeping yourself healthy. While it may seem like you can stay up all night during this time, poor sleep can also compromise your immune system. Try to maintain your usual sleep schedule.

**Avoiding Depressants** - Avoid depressants such as alcohol, drugs & tobacco, as well as processed food and sugar. Processed food and sugar both have been shown to worsen anxiety symptoms and impair the body's ability to cope with stress.

There are some things we cannot control, but the above we can. We are all in this **TOGETHER**, and we are here for you!

**NOVA SCOTIA'S MENTAL HEALTH CRISIS LINE**

**TOLL-FREE AT 1-888-429-8167**