

TAKING CARE OF YOUR MENTAL HEALTH DURING COVID-19

Created by the Manitoba Psychological Society & The University of Manitoba Health Information Exchange Laboratory



1 LISTEN TO THE ADVICE OF HEALTH AUTHORITIES

Read up-to-date information from credible sources including:

Manitoba Government
Public Health Agency of Canada
World Health Organization
Centre for Disease Control



2 LIMIT CHECKING OF NEWS SOURCES AND SOCIAL MEDIA

It's great to be informed, but unplug when this is leading to more stress



3 WHERE POSSIBLE, MAINTAIN A DAILY ROUTINE

Try to wake up and go to sleep around the same time. Maintain a daily schedule of activities and meal times



4 FOCUS ON THE THINGS YOU CAN CONTROL

Focus on things in your life that you can control. For example, hand washing, not touching your face, and social distancing. When possible, help those around you (e.g., call someone who is alone or ill; put up art in your window; smile and wave at a neighbour from a safe distance)



5 STAY IN THE PRESENT MOMENT

Connect and bring curiosity to something you are doing right now. Make time in your day to focus on events and activities outside of COVID-19



6 CONNECT WITH OTHERS

Maintain social connections through phone, video, and online methods. We are in this together

ANXIETY AND WORRY ARE COMMON DURING TIMES OF CRISIS. CONSIDER ACCESSING ADDITIONAL SUPPORTS IF YOU OR YOUR LOVED ONES EXPERIENCE FEELINGS OF INCREASED STRESS, OVERWHELMING NERVOUSNESS, AND HOPELESSNESS THAT ARE HARD TO MANAGE

FOR MORE INFORMATION VISIT WWW.MPS.CA