

# CARING FOR YOUR MENTAL WELLBEING DURING COVID-19

- 1 Understand that your anxiety and fears are completely normal and many are experiencing what you're feeling. Recognize the signs of anxiety and reach out for help when needed.
- 2 Create distractions for yourself. Keep yourself occupied with a routine. Make sure you're keeping busy with school work, chores and free time [i.e. watching movies, listening to music, going for a walk etc.]
- 3 Find new and creative ways to connect with your friends. Create virtual hangouts. There are many apps that allow for video calls and virtual games. Do not lose contact with others. Staying connected can help with normalization.
- 4 Allow yourself to feel. Missing out on events, hangout and sports matches is disappointing. Let yourself feel your emotions. Process those feelings through art, exercise etc.
- 5 Manage your news and media intake. It is important to stay informed about what's happening. However, make sure you do not consume too much. Set a limit for yourself and make sure the sources you are accessing are credible. Do not believe everything you read.
- 6 Focus on yourself. Take this time and learn something new [read a book, learn an instrument, dancing, painting etc] Focusing on yourself and finding ways to grow will help ease your anxiety and increase your mental wellness.

**Available to support you every day between 9 am to 5 pm.**

Contact us:  
Tel: 519 973 5588 X 701

For service in English and Arabic  
Tel: 519 551 8922  
For service in English and Mandarin  
Tel: 519 551 7878

Email: [mw@www.wiw.org](mailto:mw@www.wiw.org)  
Website: [www.wiw.org](http://www.wiw.org)