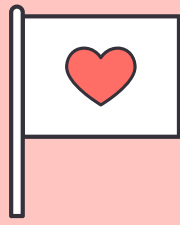


SELF-CARE STRATEGIES



Mindfulness & Relaxation

- Meditate (ex: Insight Timer, Calm)
- Start a gratitude journal
- Watch movies or TV shows
- Take a bath
- Progressive muscle relaxation



Exercise

- Workout at home with YouTube (ex: Fitness Blender)
- Yoga at home with YouTube (ex: Yoga with Adriene)
- Walk or jog outdoors
- Hike (Gatineau Park, Luskville Falls)



Art & Cooking

- Try new recipes (ex: Honeysuckle)
- Start an art project (ex: DIY Fluid Art)
- Play a musical instrument
- Listen to music



Learning & Knowledge

- Listen to TED Talks and podcasts
- Read about personal/spiritual development
- Follow tips on working from home



Socialize

- Keep in touch with friends and family virtually (ex: Facetime, Skype, Zoom, Facebook messenger)
- Play board games (in-person or online)
- Spend time with your pets

Tips from the Student Affairs Office Faculty of Medicine, University of Ottawa

- Consult counselors, psychotherapies, psychologists and crisis lines, if needed, by phone or videoconference.
- Do not hesitate to ask for help and support from your loved ones.
- Accept that anxiety, uncertainty and fear are normal during times of crisis.
- Intentionally adopt a state of mind allowing you to disconnect from your electronic devices and take advantage of the present moment by other means.
- Stay informed by checking credible information from experts and the government.
- Review the CAMH strategies for managing anxiety and stress related to COVID-19.