

# *Tips to Take Care of Your Mental Health*

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Get information from reliable sources, such as [canada.ca/coronavirus](https://www.canada.ca/coronavirus)

Stay informed but follow news coverage about COVID-19 in moderation. Take breaks from watching, reading or listening to news stories. It can be upsetting to hear about the crisis and see images repeatedly.

Take care of your body. Take deep breaths, stretch or meditate. Try to eat healthy, well-balanced meals, exercise regularly, and get plenty of sleep.

Make time to step back and consider how to take advantage of unexpected flexibility in your daily routine.

Stay connected. Talk to friends or family about your feelings and concerns.

Maintain healthy relationships and respect other people's feelings and decisions.

- Show support and empathy to those dealing with difficult situations.

Identify what is within your control and try to direct your energy towards what most worries you within your own control.

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