

# TIPS FOR SELF-CARE

## GET CREATIVE

Engaging in creative activities is an important aspect of self-care. These activities can help with processing negative emotions, lift your mood and even boost your immune system ([HERE](#)).

Here's some ideas:

- Play music or write a song
- Write a short story or poem
- Colour, paint or draw a self-portrait
- Try a new hairstyle or makeup technique
- Pick a challenging recipe to cook or bake
- Honour a favourite memory with playdough or modelling clay
- Make up themes to base your meals on, dress up and decorate the house



## LEARN SOMETHING NEW

Use this down-time to **learn something new**. There are many opportunities available on-line to learn a new skill, hobby or interesting facts!

- Research **webinars, tutorials, and courses** on any topic of interest. Check out websites like Udemy, [Coursera](#) or [edX](#).
- Learn to dance or how to play an instrument.
- Learn a new language!
- **Museums and galleries** offer [virtual exhibits](#) and tours that can be viewed online. Travel through time from the comfort of your own home!
- Learn about the world through [virtual day trips you can take online](#). See the Alps up close, hike Machu Picchu or stroll through Barcelona.

*If you are feeling that you need extra support, here's a list of crisis resources to reach out to:*

- In Canada, call **1-833-456-4566**. Outside of Canada, find call numbers [HERE](#)
- To connect with a counsellor online, explore them [HERE](#)