

# TIPS FOR SELF-CARE

## GET CONNECTED



There are many video conferencing services and online games that can help you to connect with loved ones who don't live with you:

- Online multiplayer games ([HERE](#))

Social media is a wonderful tool for connection. However, it can also increase stress; adults need limits on screen time too! Create some screen time boundaries, considering these questions:

- How much social media time is needed to help me feel connected to others?
- Which platforms are most helpful in facilitating connection, and which may not be as helpful?

There's also lots of community spirit to go around. Consider participating in a community activity:

- Go outside and applaud essential service workers every day at 7:00pm
- Decorate your windows and doors to brighten up others' moods when they go on walks
- Write a note of support to an essential service worker and send it via snail mail
- Arrange or join a community window-decoration scavenger hunt
- Raise money for a local charity or food bank by doing a silly stunt on social media

Many people are missing their regular spiritual rituals as religious, recreational and spiritual centres are temporarily closed. Connecting with spirituality is still possible:

- Choose a particular place in your home or on your property to engage with spirituality
- Invite others to participate in your spiritual practices with you over video conferencing
- Find a religious service online and participate with your family
- Set aside a specific time each day or week for spiritual practices

*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](#)