

# TIPS FOR SELF-CARE

Engaging with self-care can be especially challenging when families are at home together for an extended period of time. If you're struggling to establish a routine, you are not alone! Explore these ideas on how to re-set your mind, nurture your body, regulate your emotions and refresh your spirit.

## CARE FOR YOUR MIND

Try some mindful writing prompts ([HERE](#)) or take a few moments to slow down your mind, with some mindfulness exercises ([HERE](#)). You can also try a simple meditation for beginners ([HERE](#)). Check out these mental health resources and workbooks, and find one that works for you:

- Workbooks for a variety of stressful experiences ([HERE](#))
- Anxiety Canada & the "MindShift" app ([HERE](#))
- Positive Psychology's 'crisis kit' ([HERE](#))
- The Three Good Things app ([HERE](#))
- The Smiling Mind app ([HERE](#))

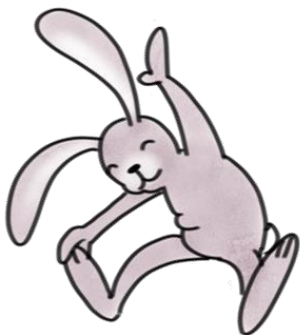


## CARE FOR YOUR BODY

To maintain physical health, you need to **eat, sleep and move**. You can explore options to **eating well** through 10 free online cookbooks ([HERE](#)) and Canada's food guide ([HERE](#)). **Sleep** can be disturbed during stressful times. These resources on sleep hygiene can help: Anxiety Canada ([HERE](#)) or HeretoHelp's sleep skills resource ([HERE](#)).

**Movement** is key to staying healthy. You can try walking, jogging or cycling in your neighbourhood or explore the following resources:

- Set up a workout circuit in your home ([HERE](#))
- Recommendations for adults ([HERE](#))
- Find a free cardio workout ([HERE](#))
- Try out yoga ([HERE](#))
- Get dancing ([HERE](#))



*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](#)