

## Mental Health Resources

**A)** A good read for CF staff and others that are supporting clients.

<https://saskatoon.cmha.ca/news/supporting-clients-during-social-isolation/>

**B)** The Conference Board of Canada is offering a series of resources including videos about mental health (at the bottom of their webpage). The videos are being updated daily. <https://www.conferenceboard.ca/insights/covid-19>

**C)** Canadian Mental Health Association is also offering resources that are being updated regularly. <https://cmha.ca/news/covid-19-and-mental-health>

**D)** A list of resources for adults and children including meditations, calm music, movement exercises and sleep stories. <https://blog.calm.com/take-a-deep-breath>

Some general ideas and reminders that are helpful for everyone. (This is an edited version of a resource by Dr. Diane McIntosh, Chief Neuroscience Officer)

### **1. Maintain a routine**

The science is clear: we all feel better, and function better, when we follow a routine. If you're working from home, make sure you get up at the usual time, have a shower, eat breakfast, and start your work day as you normally would (if this is your normal routine). End your workday at the same time as usual and try to go to bed at your usual time as well.

### **2. Exercise**

Exercise is a treatment for depression and anxiety. More good news: it doesn't take much exercise to help your brain stay mentally fit: 30 minutes of mild- to moderate-intensity exercise five days a week is enough.

### **3. Go outside**

So long as you can keep your social distance, getting outside and walking or biking is an ideal way to exercise. Research shows that stress is a major threat to human health and that spending time in a greener environment appears to be an effective way to aid stress reduction.

### **4. Schedule fun time in your day**

Make sure you do something you enjoy every single day.

## **5. Learn how to be more mindful**

I like to describe mindfulness as letting your worries in your front door and showing them out your back door, but not serving them tea.

Our brain builds pathways for thoughts and behaviours we use the most, so if we are always worried, our brain will move us naturally to worry more often.

## **6. If in doubt, check it out**

Please be very careful where you get your health information regarding COVID-19. Go to reputable sources, such as the [Public Health Agency of Canada](#), your provincial medical officer or the [World Health Organization](#).