

Resources for Healthy Coping

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Online tools for coping with emotion:

- www.anxietycanada.com - Tools and resources to help manage anxiety
- MindShift CBT – Anxiety Canada app, available on Android and iOS
- www.comh.ca/antidepressant-skills/adult - Self-care manual to help with depression
- <http://depressionhurts.ca/en/information/resources.aspx> - For help with depression
- www.mysleepwell.ca – For help with insomnia
- <https://www.cci.health.wa.gov.au/resources/looking-after-yourself> - For a list of resources by concern

NEED HELP NOW?

The **Mental Health Provincial Crisis Line** is available **24 hours a day, 7 days a week** to anyone experiencing a mental health or addictions crisis or someone concerned about them, by calling **1-888-429-8167** (toll free).

Kids Help Phone is available **24 hours a day, 7 days a week**, by calling **1-800-668-6868** (toll-free).

Resources for Healthy Coping

★ Daily activities ★

Having a daily schedule and keeping yourself and/or your family members busy during this difficult time is very important. Think about setting small goals for yourself – even smaller than you think you need to set. It's about small steps right now.

Listed below are a few ideas of recreation and leisure activities.

Activities to do at home:

Journaling

Journaling provides you with an outlet to record your thoughts, feelings and emotions.

There are many different types of journaling:

- **Narrative journal**- writing your thoughts freely as if you are talking
- **Goal journal** - writing down goals for yourself
- **Art journal** - using other mediums, such as markers or paint, to express yourself
- **Gratitude journal** - writing down things you are thankful or grateful for
- **Family journal** - having family members write in a journal together

Exercising at home

- Staying active is extremely important for both your physical and mental health
- Exercise can boost your mood and it's something you can still do to take care of yourself during this challenging time
- There are lots of exercises you can do at home with no equipment. Check page 3 for a list of online videos you can follow at home
- Don't forget that stretching is also very important and easy to do at home!

Guided meditation

- Guided meditation can be very helpful in calming anxiety and stress, and can help centre yourself each day. There are many phone apps that can be helpful for guided meditation such as **Mindful, Headspace, Calm, Aura** and much more. **YouTube** is also a good resource.

Progressive muscle relaxation

- Progressive muscle relaxation (PMR) has you tense your muscles one by one or specific muscles. As you relax the tension, pay attention to how each muscle feels and how you feel overall.
- **YouTube** can be a good resource for guided PMR
- This is also a good step by step guide to PMR:
<http://www.anxietycanada.com/sites/default/files/MuscleRelaxation.pdf>

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★ Ideas of things to do at home★

- Listen to music
- Create art/crafts
- Read
- Watch TV and movies
- Crosswords or brain games
- Write a letter to friends or family members
- Clean or organize your home
- Get fresh air on a patio or doorstep
- Call family members and friends

★ Important things to remember★

Sleep hygiene

Sleep hygiene is always important, especially when you are spending most of your time at home.

Support your sleep hygiene

- Go to bed and wake at the same time every day
- Limit the amount of time spent in your bed other than sleeping
- Make your bedroom a calming space where you can relax and unwind

Importance of staying connected

- Although we are physically isolated from most of our friends and family at this time, we can still stay connected through phone calls, texts, emails, Facetime, or video calls such as **Skype** or **Zoom**.
- Staying in contact with friends and loved ones can help us feel less alone during this time.

Following a daily schedule/ routine

- Having a daily schedule of activities and tasks throughout the day provides structure and purpose, as well as entertainment during this time.
- Creating a schedule for your children and family (if applicable) can also be very helpful and may help reduce comments like, “I’m bored” or “I don’t know what to do.”

Resources for Healthy Coping

★ Other online resources ★

A little bit of everything—all free (virtual tours, learning, geography and nature, music, arts and culture, literature, entertainment, anxiety/mental health/loneliness and prayer)

<https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home?fbclid=IwAR0efuoJ13oCgmNO9JldeC8k7DGakbXbddyUJ0oG-CmnNMS3N2mr-wsh-tY>

YouTube (You name it! lots of physical activity, art, music, cooking, mindfulness, etc.)

www.youtube.com

Live-stream zoos and aquariums

<https://www.cbsnews.com/news/coronavirus-zoos-aquariums-live-stream-animals-isolation-quarantine/>

20 virtual field trips to take with your kids

https://adventuresinfamilyhood.com/20-virtual-field-trips-to-take-with-your-kids.html?fbclid=IwAR1VOOTIe_qgWxLIH_6BEt62HyRdC6JtPq5V2AxMASDWJk4sHUePQ4bgdCE

At-home resources for families

https://docs.google.com/document/d/1pnYG6VXAo60pLSX5SQvCnVRUHvDJfiGU8tc3t-ZUepo/preview?fbclid=IwAR3CaAWFRcQMx_4ox_VvwxIUHqrMJOaeBQT32PZMckGMqALqdoyJR5LFa8Y#

Free homeschooling resources

<https://www.thoughtco.com/free-homeschool-resources-4151635>

Halifax Public Libraries (sign up online! Borrow e-books directly to your phone, click on the link for their “Endless Ideas” blog for a variety of activities for both adults and children)

<https://www.halifaxpubliclibraries.ca/>

10 university art classes you can take for free at home

<https://www.artsy.net/article/artsy-editorial-10-university-art-classes-free-online>

Banff Mountain Film Festival (FREE online films!)

<https://drive.google.com/file/d/1X4Uj9NaXuC1q4srCGZIOAlrqWUrXO2Hu/view>

Yoga With Adrienne

<https://www.youtube.com/user/yogawithadriene>

YMCA 360 (yoga, barre, boot camp, older adult fitness, etc.)

https://www.youtube.com/channel/UCOGt_lpceP_xQhhCMCrut_A

YMCA of Greater Toronto (Free daily virtual classes and activities on their Facebook page)

https://www.facebook.com/YMCAGTA/?tn-str=k*F

Fitness Blender (Free workout videos for every fitness level)

<https://www.fitnessblender.com/>

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Guided meditation

<https://www.headspace.com/meditation/guided-meditation>

Journaling prompts

<https://thoughtcatalog.com/jeremy-goldberg/2018/02/here-are-the-50-best-journaling-prompts-you-will-ever-read-or-need/>

Family resource (talking to your kids, self-care, kids activities)

<https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>

100 art therapy exercises

<https://intuitivecreativity.typepad.com/expressiveartinspirations/100-art-therapy-exercises.html>