

SELF CARE

We are living through a pandemic that is unprecedented in our lifetimes and it is no surprise that this is leading to fear and anxiety for many of us. It is important to look after our minds and bodies and to look out for our loved ones at this time.



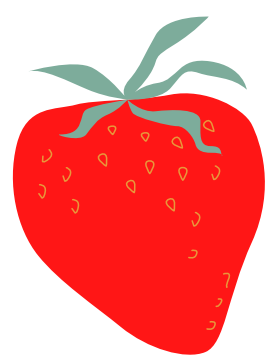
TAKE TIME TO BE OFFLINE

Information overload can be overwhelming. Take breaks from watching, reading or listening to the news, including through social media.



MAKE TIME TO UNWIND

Use this time to do something that you really enjoy. We have endless beaches and trails to get some fresh air and enjoy the beauty of our home.



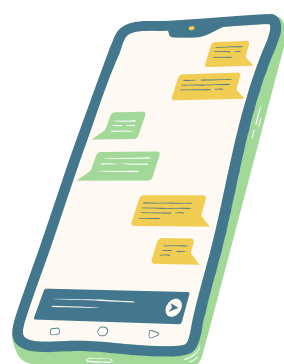
LOOK AFTER YOUR BODY

Stay healthy as you stay safe. Get outside and exercise, get plenty of sleep and eat a balanced diet.



PRACTICE MINDFULNESS

Meditate, practice breathing exercises and make use of online resources for mental health.



STAY CONNECTED

Your friends are just a phone call away. Call your family, see if your relatives need anything, check in with them. Why not join our team of volunteers to connect with your wider community? Go to our website to sign up.

See our website queencharlotte.ca for a library of resources on self-care, mental health and mindfulness.