

**Focus on healthy habits and routines.**

Things we do for our physical health, like sleep, eating well, exercising and minimizing screen time, are also good for our mental health.

**Do things you enjoy as much as you can.**

Is there a hobby you used to really like that you could try again?

**Notice the good things.** It's easy to get caught up in the negatives that happen in life. Instead, look for the positives each day, even in situations that might seem bad—like a pandemic. Find the positive messages.

# Wondering how you can cope?

**Stay connected.** Even when stuck at home, you can maintain social connection. Message, call or video chat. Try a group video chat with multiple friends. Remember, everyone is in a similar situation, so lean on each other.

**Smile.** Even when you don't feel like it. Just the act of smiling can help us feel better. Keep a hopeful heart.

**Give yourself a break.** This is new for everyone. Reach out. You are not alone. We are there for you.



Want to talk? Or need more information?

Sue Devlin, Mental Health Lead (KCDSB) - [sdevlin@kcdsb.on.ca](mailto:sdevlin@kcdsb.on.ca)

Kids Help Phone 1-800-668-6868

Or text CONNECT to 686868

Were you meeting with Amy, Natasha, Melissa or Jillian? Want to connect? Contact Sue ([sdevlin@kcdsb.on.ca](mailto:sdevlin@kcdsb.on.ca)) with the name of your counsellor, and the best way for them to reach you.

