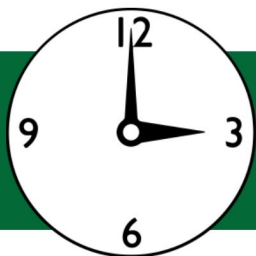


COVID-19



Mental Health and Wellness Tips for Staying Home



Have a Routine

Have a routine. Go to bed and wake up at a reasonable time. Aim for a balance between keeping busy, doing work or a fun project, and remember to take time to care for yourself.

Get Outside

Go outside, once a day, for at least 30 minutes. Fresh air can lift the spirit. Just remember to practice social distancing!



Reach Out to Others

At least once a day connect with family or friends outside of your household. Call, text or use video chat.

Stay Hydrated and Eat Well

Try challenging yourself to learn how to cook a new dish! Don't forget to drink plenty of water and eat healthy food. It's important to practice good nutrition habits even in self-isolation.



Get Moving

Find some way to move each day for at least thirty minutes. There are free classes being offered online! Dancing, yoga, workouts, you name it!



Saskatchewan
Health Authority

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