

Daily Health Tips

1. **Stick to a routine – try to go to sleep and wake up at a reasonable time each day.**
2. **Move your body everyday – try a workout video, go for a walk if you can, or have a dance party in your living room.**
3. **Connect with others – Facetime, text, phone**
4. **Develop a self-care toolkit – different for everybody, find something that help[s] you feel relaxed (have a cup of tea, read a book, comforting music, look through old photos etc).**
5. **Find your own safe space – have a space in your home you can go to when you feel stressed.**
6. **Do something productive – clean your room, help with chores, organize your binder.**
7. **Be creative – try drawing, colouring, singing, dancing etc.**
8. **Find humour in each day - watch funny videos, check out the latest memes.**
9. **Practice Self-Acceptance – we are all doing the best we can – tell yourself what you are doing well during this time.**
10. **Reach out for extra help if you need.**

**Help Line 1-800-668-6868 and
24 Hour Crisis Line 604 951-8855**