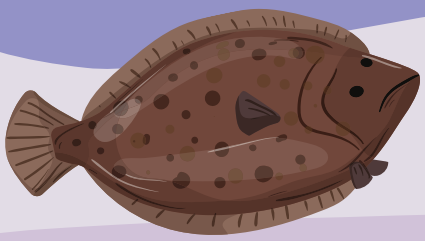


Healthy strategies to fortify your mental health

PRESENTED BY 



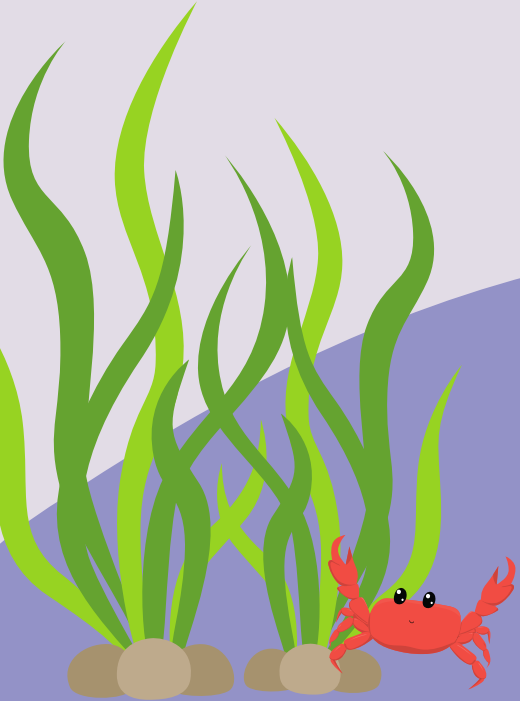
Mute key words which might be triggering on social media and unfollow or mute triggering accounts



Exercise, make healthful food choices and stay hydrated



Talk with people you trust about your concerns and how you are feeling



1

Choose only a few specific times each day to check the news and resist the temptation to "cheat"



2

3

Access nature and sunlight wherever possible. Fresh air is great for the body and mind



4

5

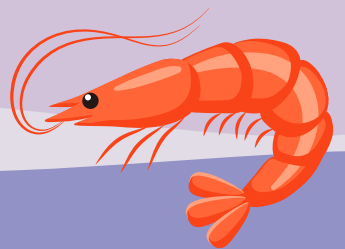
Take deep breaths, stretch, meditate, and get plenty of sleep



6

7

Make time to unwind and try to do other activities that you enjoy. Read for pleasure, play a board game, play a musical instrument, continue hobbies



If you are in a crisis, please call 9-1-1 or the Mental Health Support Line at 310-6789 (no area code)

This resource has been adapted from the BCCSA and the Scott Construction Mental Health Committee