

# TAKING CARE OF YOUR MENTAL HEALTH & WELL-BEING

**Have a routine**



**Structure your day and keep good habits**

**Take deep breaths**



**Breathing exercises can ease stress**

**Call a loved one**



**Lean on each other for support**

**Have fun**



**Play online with friends or start a hobby**

**Open windows**



**Sunlight can improve your mood**

**Help others**



**Get essential supplies for a neighbour**

[TORONTO.CA/COVID19](https://toronto.ca/covid19)



Distributed by:

Services de santé du  
**TIMISKAMING**  
Health Unit



 **TORONTO** Public Health