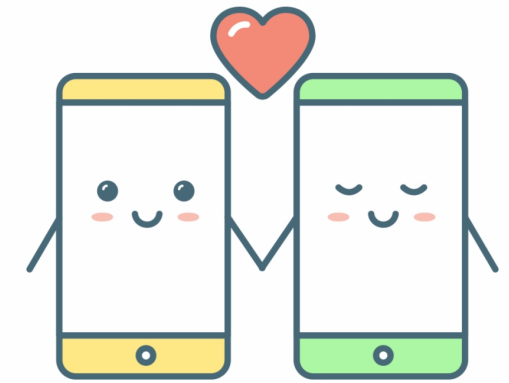


# 5 Tips for Caring for Your Mental Health

## 1. Stay Connected:

Although we have to self-isolate at home, it's important to stay connected with friends, family, and classmates. There are many apps to let you video chat, and stay connected virtually. You can also stay connected with Heartland by connecting with us online:



**[www.blog.heartlandenglish.com](http://www.blog.heartlandenglish.com)**

**Facebook: HeartlandEnglish**

**Instagram: @heartlandenglish**



## 2. Personal Time:

Now that classes and socializing have to be done online, it's important to take breaks from screen time. If you are living with others, try to find a quiet place for some personal time everyday. Reading a book, meditating, and writing in a journal, are great ways to enjoy some personal time.

## 3. Get Outside:

Although we still need to practice physical distancing (staying at least 2 meters apart), it's still important to get outside. Fresh air and sunshine do wonders for improving your mood, helping you feel more alert, and improving your sleep.



## 4. Exercise:

Staying physically active is a great way to reduce your stress and stay healthy. Follow an online yoga class, go for a walk, kick a soccer ball around the yard with your family, etc.

## 5. Ask For Help:

This is a difficult time, and everyone is doing the best we can. However, if you are struggling with loneliness, anxiety, or depression, it's important to ask for help. You can reach out to friends, family, or Heartland staff. If you feel you might want to talk to a professional, the Manitoba government is offering free virtual therapy, which can be accessed by visiting:

**[gov.mb.ca/covid19/bewell/virtualtherapy.html](http://gov.mb.ca/covid19/bewell/virtualtherapy.html)**

and scheduling an appointment. You can also call **Klinik's Crisis**

**Line at 204-796-8686**, or toll-free at **1-888-322-3019**.

**We are here to help,  
and we'll get  
through this  
together!**