

Friendship Centre 519-284-3272

Tips for Maintaining Good Mental Health During the COVID- 19 Pandemic

It is normal to feel stressed, sad or scared during any crisis. When you add to that the isolation experienced because of COVID-19, everything becomes even more stressful. Talking to others about how you are feeling and having a plan to cope with everyday situations will help. While we all have different ways of coping, here are some tips to reduce your stress and help you feel more in control, from the Friendship Centre.

Keep a realistic daily routine

- Structure your day. Include time for cleaning, cooking, reading or interacting virtually with family and friends
- Exercise, eat nutritious meals, keep a regular sleep routine
- Listen to audiobooks or music (get up and dance if you are able!)
- Be adaptable – shop online or ask others for help getting groceries or other necessities
- Relax by watching free cultural or arts programming



Stay connected with others

- Join a Friendship Centre telephone program
- Write a letter
- Be creative – learn to use online tools to connect with others. Try Zoom, Facetime or Skype
- Join online book clubs or other social groups
- Exchange letters or send texts from your cell phone
- Connect through Facebook to keep up to date with family and friends
- If you need more support -contact The Friendship Centre, 519-284-3272
- Huron Perth Community Support Services Network at 1-844-482-7800 or the Huron Perth Helpline and Crisis Response at 1-888-829-7484



Help others in your community

- Practice empathy for those impacted by the disease – they need our support
- Volunteer to make phone calls for a local organization, Friendship Centre has opportunities for volunteering
- Call your friends, family or neighbours regularly even if you can't visit in person
- If you are able, offer to drop off groceries or other necessities to those who can't get out



Focus on things you can control

- Keep your mind stimulated. Start a new hobby or a new project at home such as:
 - ✓ Knitting or sewing
 - ✓ Writing in a journal
 - ✓ Meditation
 - ✓ Cuddling with your pets
 - ✓ Yoga
 - ✓ Reading a good book
 - ✓ Watching funny movies
 - ✓ Join the Friendship Centre zoom and phone programs
 - ✓ Reorganizing cupboards and closets
 - ✓ Planning for and/or working in your garden
 - ✓ Drawing, painting or other crafts
 - ✓ Experimenting with new recipes
 - ✓ Taking an online course
 - ✓ Playing cards or board games
 - ✓ Put a puzzle together
 - ✓ Participate in Friendship Centre's virtual fitness class
- Prepare a contingency plan in case you need to quarantine or you become ill (keep stocked up on groceries and other staples so you will be OK until you can arrange for more to be delivered).
- If you are a caregiver, ask family or friend to step in and help when needed. Keep a record of the kind of medication, meals or other supports you typically provide to your loved one so someone else can more easily take over for you.
- Call the Friendship Centre to get a volunteer to assist with your grocery delivery
- Avoid over eating or drinking to cope with stress (especially junk food or alcohol). Instead, try journaling, or meditation or a walk around the block
- Connect with a doctor, counsellor or mental health specialist who can help you manage



Watch less daily news



- Limit how often you watch news channels or social media sites (be cautious as bad news can be upsetting and may contribute to feelings of depression and loneliness)
- Choose reliable, trusted sources of information to minimize sensationalized news
- Encourage others by sharing positive stories about people who are helping to care for family, friends or neighbours

Put things into perspective

- You've survived difficult times before. You can weather this too
- This is a temporary situation – the storm will eventually be over
- Breathe deeply
- Make a list of things you are grateful for and read it every day

Health and Fitness

Lots of fitness options available through the Friendship Centre. Seated classes, gentle and group fitness for varying levels and abilities, live online. Some of these programs require you register for at <https://townofstmarys.maxgalaxycanada.net/Home.aspx> Check the website for MORE programs. PRC FB for exercise class under the video section.

Other programs are available you just need a phone to participate, no fee no membership required. Reduce your isolation, increase positive attitude and health by joining FUN programs. See instructions below.

Footcare clinics are open

Improper foot care can have many affects on your overall health. If nail care is a challenge for you— consider foot care provided by a registered professional. Clinics are offered on a weekly basis. You will need to register for this service by calling Friendship Centre. Variety of days and times available. Before entering the Friendship Centre a staff will do a COVID- 19 screener with you.

Blood Pressure Clinics are open

Home Support Services will be offering free blood pressure checks on 3rd and 4th Mondays of the month. Blood Pressure Clinics will be offered by appointment only all to book an appointment. Before entering the Friendship Centre a staff will do a COVID- 19 screener with you.

***For more information, or to request specific assistance, please contact the
Friendship Centre at 519-284-3272***

Example of programs you can access using a phone.

9am Group Fitness (Z) 10:45am Meditation (Z) 2pm Seated Exercise (T)	10:30am Gentle Fitness (Z) 1:30pm Chair Yoga (Z) 2pm Museum Lecture (T)	9am Group Fitness (Z) 10:30am Yoga (Z) 11am Short Stories (T)	10am Social Hour (Z or T) 11:30 Seated Exercise (T)	9am Group Fitness (Z) 11am Friday Fun (T) 2pm Scrapbooking (Z)
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Friendship Centre Telephone Programs



Call in Directions:

Step 1: Dial the toll free number 1-855-703-8985

5-10 minutes before the scheduled program start time.

Step 2: put in your meeting ID 519 284 3272 followed by #.

Step 3: listen to the recording press # again to join the meeting.

Staff will be there to welcome you into the phone program. If you are having difficulty calling in with the toll free number, please call the Friendship Centre at 519-284-3272.

Why Participate? Dialing into Friendship Centre Telephone Programs will bring great benefits to your social, mental and physical well-being and over all quality of life.

Where do I find the telephone program schedule? You can find all Friendship Centre Virtual and Telephone programs listed on our monthly calendar. If you have questions call the Friendship Centre!



Stay
Connected



AVAILABLE RESOURCES / THINGS TO DO

Explore these Websites to keep entertained and stimulated while you are isolating. Note that while most of them are free offerings, a few may ask you to pay for content.



Support for Mental Wellbeing

Virtual Yoga: <https://www.facebook.com/events/302028857438748/>

Mindful Breath Meditation: <https://www.facebook.com/yogabodyawakenings/videos/498922357451042>

Free Meditation Resources: <https://choosemuse.com/blog/ultimate-list-of-free-meditation-resources/>

Performing Arts

Met Opera Livestream: <https://www.metopera.org/>

National Arts Centre (#CanadaPerforms series): <https://nac-cna.ca/en/popularmusic/packages/fridays-at-the-fourth-livestreams>

National Ballet of Canada: <https://www.youtube.com/user/nationalballetcanada>

Visual Arts

National Film Board of Canada: <https://www.nfb.ca/>

BBC's Reel: <https://www.bbc.com/reel/>

Indigenous Films: <https://www.cbc.ca/arts/there-s-a-massive-free-catalogue-of-indigenous-films-online-and-we-have-6-picks-to-get-you-started-1.4623884>

Virtual Museum Visits (museums around the world <https://artsandculture.google.com/partner?hl=en>

NASA's collection of images: <https://images.nasa.gov/>

Live Canadian Landscape webcams <https://www.webcamtaxi.com/en/canada.html>

Google Arts and Culture <https://artsandculture.google.com/?hl=en>

Home Improvement Projects:

Decluttering: <https://www.treehugger.com/decluttering-projects-when-youre-stuck-home-4847570>

Home renovation: <https://www.propertytalk.com/blog/seven-easy-renovation-ideas-when-youre-stuck-at-home/>

Home improvement: <https://www.pinterest.ca/pin/169307267214139519/?autologin=true>

News, Podcasts and Other Programming

iHeart Radio Podcasts: <https://www.iheart.com/podcast/> (for topics such as News, Food, Comedy, Entertainment and so on)

CBC television programming (choose news, arts, comedy, sports and so on):

<https://www.cbc.ca/search?q=television%20program§ion=news&sortOrder=relevance&media=video>

Virtual Tour of International Space Station: https://www.youtube.com/watch?v=Snn1k_qEx20

Animals

Toronto Zoo Youtube channel: <https://www.youtube.com/channel/UCA0-tJIG3bDQKoU8nh79Vkw>

All About Birds: <https://www.allaboutbirds.org/cams/cornell-lab-feederwatch/>

Ripley's Shark Tank camera: <https://www.ripleyaquariums.com/canada/shark-camera/>

Virtual Zoo and Wildlife Tours: <https://www.wanderwoman.ca/virtual-tours/>

Elephant Cam at The Elephant Sanctuary in Tennessee: <https://www.elephants.com/#elecama>

Virtual Farm Tours: <https://www.farmfood360.ca/>

Thrills and Excitement

Canada's Wonderland -virtual rides <https://www.canadaswonderland.com/blog/2020/march-2020/heres-how-to-take-a-virtual-ride-on-all-the-rides-at-canadas-wonderland-in-your-own-home>