

THINGS YOU CAN DO AT HOME TO HELP MANAGE ANXIETY DURING A CRISIS:

1

TAKE A BREAK FROM SOCIAL MEDIA

It's good to stay informed during crisis, but it's ok to step away from the news and social media to take care of your mental health instead. Your peace is important too!

MAKE TIME TO GET CREATIVE

Connecting to your creativity is a great way to connect to yourself, share your feelings and take a break from the things that cause you stress. Write, draw, doodle, paint, and get messy!

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CREATE A SAFE PLACE IN YOUR HOME

Make a cozy spot in your home to go when you feel anxious. Add things to your safe place that bring you comfort, like traditional medicines, your favourite blanket, or a reminder of hope.

FIND WAYS TO DO WHAT YOU LOVE

Do things that make you happy! Even from home, we can find ways to connect and have fun. Call a friend, read a book, have your own dance party, do some art... anything that will make you smile!

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