

Don't forget about mental health!

Are you feeling stressed, anxious or depressed? The following advice can help you to intelligently deal with events stemming from the coronavirus COVID-19 epidemic here in Québec.



Moving your body helps manage stress

Physical activity is always a good idea for staying healthy, both mentally and physically. An active lifestyle frees up hormones that help manage stress. It is so important to adopt healthy living habits by eating a balanced diet, drinking lots of water, staying active and trying to rest and sleep enough.

Short of activity ideas?

You can dance, do obstacle courses or skill games, skip rope, do Pilates, aerobics or bodybuilding, use a stationary bicycle, play in the back yard, wash the windows, sweep under the bed or even scrub the oven.



MAKE YOUR PHYSICAL ACTIVITIES CONSISTENT WITH YOUR CAPABILITIES.

There are many ways of moving your body.



SET UP A SPACE FOR EXERCISING INSIDE THE HOME.

If possible, move furniture around to make more space.



INCORPORATE THESE ACTIVITIES INTO YOUR SCHEDULE.

Set aside time in your day for regular physical activity.



DISTANCE ACTIVITIES WITH YOUR FRIENDS, WHAT A GREAT CHOICE!

Call a friend to do an activity together. You might even use a video-call for this.



BOUNCE AROUND WITH YOUR KIDS.

Children also need to move their bodies, so make sure to include them in your physical activity sessions. The younger ones will imitate you and the older ones will want to be as good-or better - than their parent.

There is no shortage of websites where you can find activities to have your kids move their bodies. Try ecoleouverte.ca, force4.tv (French) or naitreetgrandir.com (French).

What's the best way to adapt?

Most importantly, when you are in preventive isolation, take good care of yourself.

Stay in contact with your friends and family by telephone or on the Web. Speak to someone you trust or ask for help when you feel overwhelmed. It's not a sign of weakness but rather shows that you have the strength to do what is necessary to cope.

Physical activity will also help you eliminate tension and to reduce stress. Find time during the day for enjoyment. Rely on your personal strengths to get through these difficult times.

Keep in mind that by staying home you are helping to save lives. Your decision is important.

Look for signs of distress

1 PHYSICAL SIGNS

- Headache, neck tension
- Digestive problems
- Sleep problems
- Lower appetite

2 PSYCHOLOGICAL AND EMOTIONAL SIGNS

- Anxiety and insecurity
- Feeling overwhelmed by events
- A negative view of things and/or daily events
- Feeling discouraged, sad or angry

3 BEHAVIOURAL SIGNS

- Difficulty concentrating
- Irritability, aggressiveness
- Inward-turning, isolation
- Increased use of alcohol, drugs and medication

Resources

If you are feeling stressed, anxious or depressed by the current epidemic in Québec, call Info-Social at **811 (option 2)**.

Telephone emergency distress and support hotlines:

- **Tel-Aide**
Centre that provides help 24/7 to people suffering from solitude, distress or who need to have someone listen:
Go to www.acetdq.org (French) for contact information on your regional listening centre.
- **Écoute Entraide**
Community organization that supports people who are emotionally suffering:
514 278-2130
or 1 855-EN LIGNE (365-4463)
- **Tel-Jeunes**
24/7 hotline for young people in need of support:
1 800 263-2266
- **LigneParents**
24/7 hotline for parents in need of support:
1 800 361-5085

[Québec.ca/coronavirus](https://quebec.ca/coronavirus)

1877 644-4545