

**Creative ways to connect safely.**

Being connected to others is important for our mental and physical wellbeing and can be a protective factor against anxiety and depression. Although you may not be able to socialize in groups, find other ways to connect with family and friends.

- Try FaceTime, Skype or a WhatsApp video call. Set up a daily visit to share a virtual coffee or meal with friends or family.
- Set aside focused time to connect with others in your household if everyone is healthy and it is safe.
- Phone someone you have been meaning to catch up with.
- Write a letter or send a card.

**A way for families to manage stress together: Heart-focused breathing** is directing your attention to the heart area and breathing more deeply than normal.

- Find a comfortable sitting position where your spine is upright and place one hand on your heart.
- As you breathe in, imagine you are breathing in slowly and deeply through your heart and as you breathe out, imagine it is through your heart.
- Continue to breathe in and out and recall a time when you felt good. Focus on this good feeling as you continue to breathe through the area of your heart.
- Many people find that when they experience positive feelings like care, love, or appreciation while breathing through the heart area, they immediately feel and think better.

**Move Your Body as a Family**

Be active while practicing social-distancing – go for a family walk or bike ride, practice living room yoga or a dance party, or try an online fitness class. Download the free ParticipACTION app ~ check out the family section for more great ideas.

<https://www.participaction.com/en-ca/programs/app>

More creative ways (like balloon volleyball or marble toe race) to be active indoors can be found here:

<https://www.todaysparent.com/family/activities/15-ways-to-keep-kids-active-indoors-even-if-you-dont-have-much-space/>

**There is so much online about Covid-19 here are resources you can trust.**

**#CoviBook** – a resource to help you talk to your kids about Covid-19.

<https://www.mindheart.co/descargables>

Trusted information and resources to help Albertans learn about preventing the spread of coronavirus (hand hygiene & social distancing), self-assessment, answers to Frequently Asked Questions, Help in Tough Times and much more, checkout:

[ahs.ca/covid](https://ahs.ca/covid)

For current and factual information about Covid-19 checkout the Alberta Government page:

[alberta.ca/covid](https://alberta.ca/covid)

**More Resources on Covid-19**  
**Mental Health Resources**  
**& Help in Tough Times**  
[ahs.ca/helpintoughtimes](https://ahs.ca/helpintoughtimes)

Information on mental health, community supports, programs and services in your area:



Addiction Services Help Line  
 1-866-332-2322

Mental Health Help Line  
 1-877-303-2642

