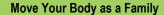


Being connected to others is important for our mental and physical wellbeing and can be a protective factor against anxiety and depression. Although you may not be able to socialize in groups, find other ways to connect with family and friends.

- 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.



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

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

alberta.ca/covid

More Resources on Covid-19

Mental Health Resources & Help in Tough Times ahs.ca/helpintoughtimes

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









