



Tips on Self-Care

Self-care – an intentional activity that refuels you, not something that takes your energy away

- Practice distraction – change the focus of your attention by intentionally doing something different; re-arrange your closet or furniture, look through old photo albums, play video games or write letters to people you haven't seen for some time
- Create comforting physical sensations – take a hot bath or shower, hold ice in your hands, cuddle your pet, smell your favourite perfume or eat a favorite snack without overindulging
- Nourish your brain – learning and brain power can be significant distractions from stressors; read, play music, watch puzzles, take online courses or watch TED talks
- Express gratitude – take time to consider the things you are most grateful for, even writing them down in order to see on paper all that you have that makes you whole
- Nurture your relationships – stay in close connection with the people you care most for via email, text, DM, phone calls or video chat
- Practice mindfulness – use online tools to access videos or audio files that offer visualization, body scans or mindfulness meditation
- Self-soothe – visualize a favorite former memory or give yourself a soothing hug, use positive self-talk or use conscious breathing
- Get outside – keeping social distancing in mind, there is no reason not to get outside and take your dog for a walk or visit a nature trail that isn't crowded
- Practice self-compassion – be sure to speak to yourself in a calm, comforting manner, recognizing that feelings of anxiety, loneliness, sadness and many others are entirely acceptable considering the circumstances
- Nourish your faith – if spirituality is a part of your self-care practice, take some time to connect with your belief system and something larger than yourself to seek meaning amidst the turmoil
- Exercise – many videos of all kinds of at-home workouts and exercises are available for free online; take advantage of one of them to nurture your mind-body connection

The CMHA Service Navigation Hub (SNH) provides information on a range of topics related to mental health, mental illness, distress and strategies connected to resilience.

When you connect to the SNH they listen and assess your situation; provide immediate support; educate and provide consultation on your rights and to determine next possible steps of action – whether to proceed with intake to CMHA programs or to refer to appropriate community supports.

You can reach them directly at: 204-775-6442 or email at: hub@cmhawpg.mb.ca
Visit: [service navigation hub](#) for more detailed information on the support a Recovery Navigation Specialist can provide as well as other crisis supports within Manitoba.