



Canadian Mental
Health Association
Manitoba and Winnipeg
Mental health for all

Association canadienne
pour la santé mentale
Manitoba et Winnipeg
La santé mentale pour tous



years of
community
ans dans la
communauté

Tips for Coping with Physical Distancing

1. Call People

Stay connected with friends and family via social media and the telephone. Although we can't get together in person, video chatting is a great second best. Try to reach out to a few people every day to reduce your isolation and theirs.

2. Get Physical Activity

Your body needs to stay active. Taking a walk outdoors, although important to stay two metres away from others, can be helpful for you physically and mentally. Also consider getting some indoor physical activity. There are some great guided exercise videos online or create your own exercise routine to complete daily.

3. Limit the News

It is important to keep up with the latest information but avoid spending too much time watching the news as this can turn your sense of worry to panic. Check in to a trusted news provider a few times a day for small doses to protect your mental health.

4. Develop Routine

Having a regular routine everyday will help you feel in control of your time and your space. It will not be the routine you had before, but create some structure in your day while you are at home and physically distancing yourself.

5. Be Creative

Find fun and interesting things to occupy your mind and your time. Look to creative expression for activities, re-read a favorite book, organize your closets, and try those recipes you have been collecting, or write that novel that you have been planning. Keep yourself occupied and mentally stimulated and find activities that give you a sense of satisfaction.

6. Give Yourself a Break

Be gentle with yourself, physical distancing is hard. Talk to yourself in a kind and compassionate way and do not strive for perfection. Share your frustrations with others and carve time into everyday to distract yourself, relax, and get enough rest.

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.



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