

## **Staying Mentally Well in Times of Uncertainty**

These are uncertain times. Every week we are changing and adapting our new reality. Below are some ideas as to how to stay well in the face of constant change:

1. Daily structure – set up a routine in your house that provides predictable events. Everyone does better when they know what to expect next.
2. Family meals – whenever possible, eat together and connect over food.
3. Limited media – set up times to hear the news, then disconnect from it.
4. Exercise – take a class off youtube, try something new, return to what used to bring you joy.
5. Reach out – stay connected to family and friends while maintaining social distancing.
6. Go Outside – breathe the air and appreciate the environment
7. Practice good sleep hygiene – keep to a regular sleep/wake schedule, limit screens before bed and take a relaxing shower or bath prior to sleep time. Read books together.
8. Keep future focused and positive – this is our reality for now, but it will not be forever.

