

# Positive steps for mental health during uncertain times

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In times of uncertainty there are many things out of our control. This can cause stress and unhelpful thoughts.

It is important to remember things that are in our control that can have a positive impact on our mental health.

**Here's 5 simple steps you can do to take control of your wellness.**



**Get the facts.** Seek reputable sources of information and remember to take breaks from media. Keep in mind that this situation is temporary and will pass. Hearing about events over and over can be upsetting.



**Stay home and take care of yourself.**

**Connect with others.** Talk to someone you trust.



**Learn ways to cope.** Manage stress and anxiety by finding coping strategies. Avoid using smoking, alcohol or other drugs to deal with your emotions



**Set a schedule.** Routine is important and provides us with structure during uneasy times. Maintaining a healthy diet, sleep and exercise routine can have significant impacts on our mental health.

**If you need help, call the Mental Health Helpline at 1-877-303-2642**