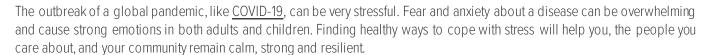
Finding Calm Amidst the Chaos

Healthy Strategies to Help You Cope During a Global Crisis



Effective coping strategies and self-soothing techniques involve engaging one or more of the five senses. Try incorporating some of the below strategies and daily affirmations when you feel overwhelmed or anxious. You know yourself better than anyone else and there is no better way to determine what works for you than by testing different strategies like <u>journaling</u>, <u>deep breathing</u> <u>practices</u>, and <u>exercising</u>.





APPS & RESOURCES

It is important to stay informed with information from reliable sources, like <u>CDC</u> and <u>WHO</u>. If you find yourself feeling overwhelmed, try limiting your exposure to the news. While in isolation, there are hundreds of resources at your fingertips that will help you better manage and cope with stress and anxiety. Follow the links to the left for a variety of apps that provide both free and low-cost guided meditations, journaling platforms, adult colouring activities, virtual mental health assistants, online therapy, and tapping solutions.

Headspace	Youper
Meditation App	Emotional Health Assistant App
Clementine	Talkspace
Female Hypnotherapy App	Online Therapy App
The Tapping Solution Healing Technique App	Big White Wall Mental Health Support Network
<u>Daylio</u>	Recolor
Journaling App	Adult Coloring App

INSPIRING & UPLIFTING SOCIAL MEDIA ACCOUNTS



Positive News & Notes
@goodnews_movement
@goodgoodgoodco
@veronicadearly
Good News Network



Mental Health Pro's
@healthpsychologyclinic
@the.holistic.psychologist
@lisaoliveratherapy
@lizlistens



Local Resources

@curiocitytoronto
@hardfeelingsto
@mindsetbraingym
@camhnews

