

# YOUR MENTAL HEALTH MATTERS



## THINGS YOU CAN DO FOR YOUR MENTAL WELLNESS WHEN YOU HAVE ALMOST NO TIME:

### For you:

- [Tips for good mental health, Canadian Mental Health Association](#)
- [50 ways to stay mentally healthy while social distancing, Canadian Mental Health Association](#)
- [Take one step at a time and try these positive coping tips, Hamilton Public Health Services](#)
- [The Working Mind COVID-19 Self-care & Resilience Guide, Canadian Mental Health Association](#)
- [31 Tips to Boost Your Mental Health, Mental Health America \(MHA\)](#)
- [Mental health activities for adults to support psychological well-being, Brandman University](#)
- [Relaxation techniques: Breath control helps quell errant stress response, Harvard Medical School](#)
- [20 Simple Ways to Live a Healthy, Happy Life, Money Crashers](#)
- [Mental health: 9 daily activities to maintain it, Reid Health](#)

### For your family:

- [Social-emotional learning supports mental health through life, School Mental Health Ontario](#)
- [COVID-19 Youth Mental Health Resource Hub, Jack.org, School Mental Health Ontario and Kids Help Phone](#)

