

Tips From Mental Health

There are some simple ways to help with some fear and stress about Coronavirus (COVID-19) that we want to share with you. These are good tips for keeping healthy during this time of worry.

- **First let's Get the facts.** It is helpful to stay up to date with important information from good and trusted places here is a good place to start:
 - Nova Scotia Government Website: <https://www.cdha.nshealth.ca/coronavirus>
 - Chief Leroy's Facebook page for Daily Updates: go to FB and search **Saqmaw Leroy Jown Denny**
 - Eskasoni Health Center Facebook page: go to FB and search **Eskasoni Health Center**
 - Eskasoni First Nation Facebook: go to FB and search **Eskasoni First Nation**
 - Check for updates on cable at **ETV (Channel 14)**

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Updated March 18, 2020 by EMHS

- **Reduce Stress and Worry** - spend less time watching or listening to upsetting media coverage like limiting the time spent on Facebook and watching news. It makes sense you want to stay up to date but don't overdo it – too much reading, watching, or listening to upsetting media coverage can make your stress more noticeable and add to your anxiety.
- **Take a break** from news or social media, especially if there's no new information.
- **Focus on things that are positive in your life** - Spend time with family doing activities that will help distract from constant news coverage – play games, spend time outside in the yard, watch movies, cook together, etc.

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- **Let's be kind to others – don't assume everyone who has a cough or runny nose has COVID-19** – it is also flu season so be kind to others in our community.
- **Do your best to keep healthy habits.** Wash your hands often with soap and water for 20 seconds, especially after sneezing or before/after touching your face or a sick person. Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing. Try not to touch your face. Other Healthy Habits can include: eating healthy meals, physical exercise like walking, running or stretching, getting enough sleep, and doing things you enjoy.

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- **Keep connected.** Connecting with others is important for our mental health so do this by phone or online if possible or offer support to others who are concerned.
- **Seek additional help.** Individuals who feel an overwhelming worry or anxiety can seek additional professional mental health support. Call the Eskasoni Crisis and Referral line if you need someone to talk to – (902) 379-2099.
- **You have Support** - Eskasoni Chief and Council and community services will be providing additional support for community members during this time. Mi'kmaq people have shown a great deal of strength throughout history and this will continue. The sense of community and help for one another will remain strong during this challenging time.

Things we can do to take care of our Mental Health at any time...

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- Get enough sleep, eat healthy, and be physically active (walks, sports, hiking, yoga)
- Get out in Nature
- Connect with Family and Friends
- Talk about your feelings with someone you trust
- Do something you love
- Listen to music, play an instrument, sing , smudge, pray
- Don't use smoking, alcohol, or drugs to deal with your emotions. Seek help if things get too heavy.

