

COPING WITH LOW MOOD DURING COVID-19

- Low moods are a normal part of life and due to the pandemic, people are more likely to experience bouts of these more often.

COPING STRATEGIES

- Journaling
- Write poetry and short stories
- Post quotes and images that remind you to be grateful
- Reading
- Turn on your favorite song and dance
- Set goals
- Make your home sunnier and brighter- open up the blinds
- Simplify your life -less clutter
- Focus on your strengths
- Find and thank a part of yourself that doesn't hurt

- Exercise - set goals for daily activities.
- Do things you enjoy everyday
- Practice good sleep hygiene
- Eat healthy
- Be kind to yourself
- Avoid substance use
- Connect with friends and family
 - call, text, message, skype
- Assess own risk of COVID-19
- Use reliable sources of information for COVID-19 (Government websites)

RESOURCES

- <https://mindyourmind.ca/illnesses/depression>
- <https://thiswayup.org.au>
- <https://moodgym.com.au>



Take care of your emotional and mental well-being

Limit time spent seeking information on COVID-19 and its consequences

Challenge worries and thoughts