

Be kind to your mind

SIMPLE WAYS TO STAY MENTALLY HEALTHY DURING COVID-19

1. **PAUSE**. Breathe. Reflect.
2. **KEEP** to a healthy routine.
3. **CONNECT** with others.
4. **BE KIND** to yourself and others.
5. **REACH OUT** for help if you need it.



Mood Disorders Society of Canada

La Société Pour Les Troubles de L'Humeur du Canada