



## STRESS MANAGEMENT

Stress is a normal physical and psychological response to an abnormal situation.

Doing activities that you like and that make you feel good helps you manage stress symptoms.

Being able to manage stress is key to maintaining balance in all aspects of your life.

### A VARIETY OF STRATEGIES TO MANAGE STRESS ON A DAILY BASIS

- Set aside some screen-free time during the day
- Follow a routine
- Reduce alcohol and drug use
- Choose reliable, recognized sources of information
- Take a moment to recharge (explore the land, do some crafts, play a game, do something you like)
- Be active (follow a YouTube video with exercises or yoga, do sit ups in your living room, etc.).
- Use traditional medicines
- Clean and disinfect often!
- Cook with the kids
- Write a diary
- Play the drums, sing
- It's perfectly normal to want to gather as much information as possible and reassure yourself. New information keeps coming in at a rapid pace, and it's easy to feel anxious.

If you find yourself crying a lot, having trouble sleeping, acting very impatient with the people around you or not being able to handle things anymore, don't stay alone, speak to someone you trust about it and ask for help.

### IN CASE OF AN EMERGENCY

- You can contact these external services at any time:  
Your health centre's hotline
- Suicide prevention line: 1 866 277-3553
- Hope for Wellness Help Line (24/7):  
1-855-242-3310 or <https://www.hopeforwellness.ca/> (online chat)
- Need to speak to and confide in someone? Revivre (anxiety, depression):  
1 866 738-4873 (9 a.m. to 5 p.m.)
- Kids Help Phone: 1 800 668-6868, <https://kidshelpphone.ca/live-chat/>  
(live chat from 6 p.m. to midnight) or text CONNECT to 68 68 68
- SOS violence conjugale (domestic abuse): 1 800 363-9010
- Hotline for victims of sexual assault: 1 888 933-9007