

LET'S GET PHYSICAL

Physical activity increases endorphin production in the brain. Endorphins are neurochemicals that can boost your mood and general feeling of well-being. If you exercise regularly, you may feel less stressed, more confident and focused.

WALK IN NATURE

Studies show it has a powerful positive effect on mind and body. Some call it a "green lift."



TRY WALKING MINDFULLY

Pay attention to little pleasures along the way and embrace the smells, sounds and observations you usually overlook.



EXERCISE

Try to make exercise part of your regular daily or weekly routine. Start by taking five minutes each hour to stretch.



FUEL YOUR BODY

Fuel your body by eating healthful foods and getting plenty of sleep.

SLOW DOWN BREATHING.

Really deep, slow breaths. Deep breathing is shown to be effective in helping to reduce immediate stress.



2 METRES

FIND A GROUP

Start a physically-distanced walking group.



#CMHAHOLIDAYTIPS



Canadian Mental Health Association
Ontario

If you or someone you know is struggling with mental health and addiction at any time, please reach out. Help is always available.

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