

TAKE CARE OF YOURSELF

The year's been hard on everyone, especially you. Take a few moments for self-care, a term we hear a lot, but why is it important? Self-care is about self-preservation. It's a necessity, not an indulgence.

SELF-CARE CAN BE ANYTHING

A chat with friends, a nap, hobbies. Whatever is meaningful for you.

REFLECT

Take time to reflect on your success and what you're thankful for.

SET ASIDE TIME

It's easy to get caught up in a busy schedule, so do your best to set aside time just for you to do something you enjoy.

PAMPER YOURSELF

However that looks for you. For example, take a warm bath, have a hot drink in your favourite mug, curl up with a movie.

DO SOMETHING SMALL THAT BRINGS YOU JOY

Read a book, bake cookies, sleep in. Whatever works for you and is a healthy way to cope.

BE KIND TO OTHERS

Everyone is fighting their own internal battle and may have lower resilience and tolerance than usual.

BE KIND TO YOURSELF

Don't worry about perfection or doing things right. Just be exactly who you are.

#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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