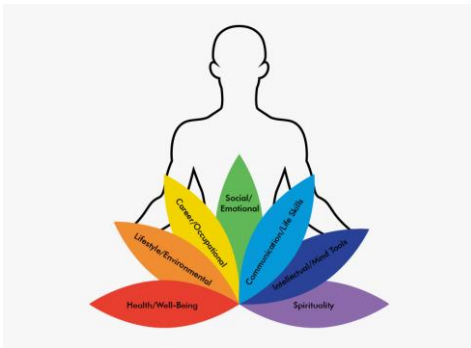


# Wellness

Tips for staying connected and feeling good

# Wellness

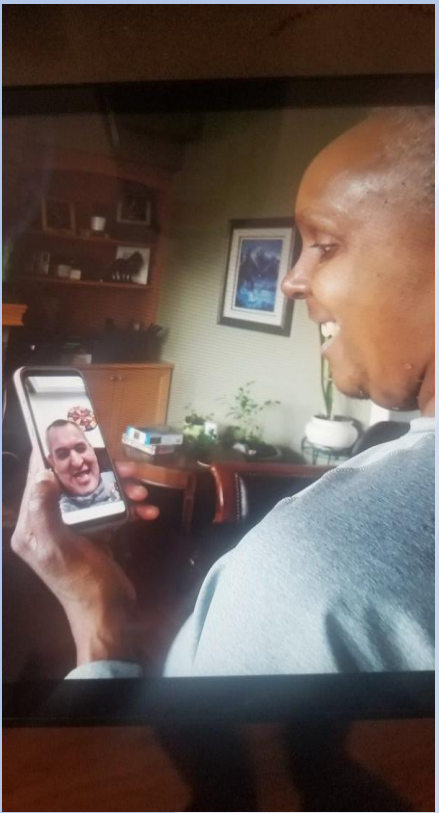


Wellness means different things to different people. For many people, wellness means physical fitness, self care, happiness, relaxation, emotional balance, stress reduction, quality of life and spiritual health. However, many people agree that wellness is more than just being free from illness; it's a way of living.

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# Wellness Tips

- We would like to provide you with a few ideas that if included in your daily routine will assist you in lifting your spirits and start you on your wellness path.



## Tip #1 Stay Connected

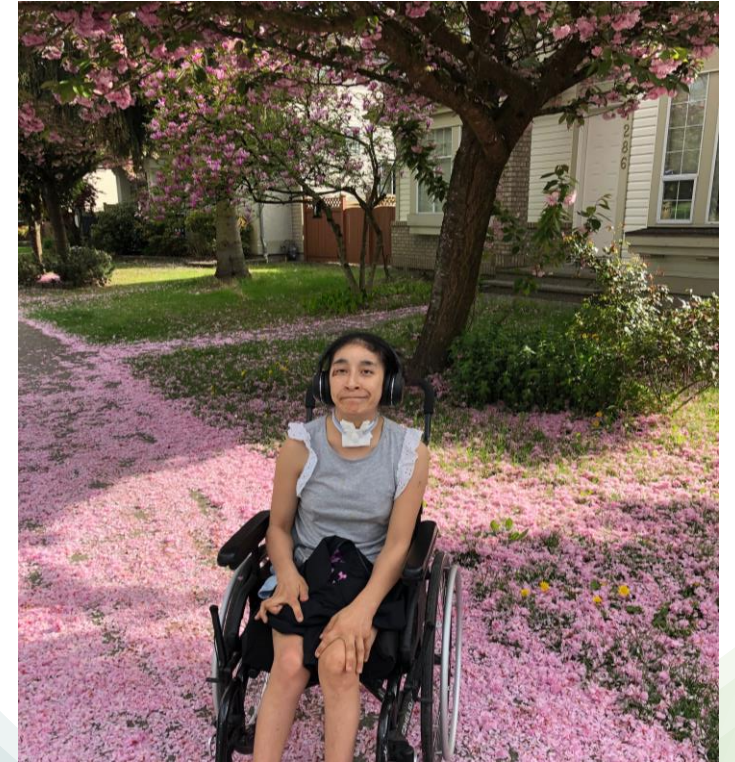
Stay connected – when you are socially connected you stay healthier. Positive social relationships have an impact on your physical and mental health.

- Listen to your friends – listening is a gift.
- Show appreciation to your friends – tell them how much they mean to you, thank them.
- Don't be competitive – be happy for your friends when good things happen to them.
- Be kind!
- Keep in-touch – call them on the phone, facetime, send them a letter or a small thoughtful gift in the mail.
- Take care of yourself.



## Tip #2 Go Outside

- Get outside – go for a walk, change your scenery, breathe in the fresh air.
- Spending 20 minutes outdoors in a park or in nature can help your mental health and physical well-being.



## Tip #3 Follow a Routine



Creating and maintaining routines that you can follow will help reduce the mental health impact of what we are experiencing.

- Wake up the same time every day
- Shower as if you are going out
- Dress for the day (even in casual and comfortable clothes)
- Eat meals at regular times
- Keep to a daily schedule of exercise
- Limit your use of electronic devices or TV time
- Go to bed at the same time each night

## Tip #4     Don't Watch Too Much News

- Don't watch too much news on the TV. It is important to stay informed, but too much negative news on the TV can really affect your mood.
- When you watch the news make sure you are watching a reliable source.



# Tip #5 Deep Breathing

Try 4 second breathing

| HOLD  
4 SECONDS



| HOLD  
4 SECONDS

| BREATHE OUT  
4 SECONDS

| BREATHE IN  
4 SECONDS





## Tip #6 Gratitude

Think of three things you are grateful for every day.

- There are several ways you can do this, keep a gratitude journal, list what you are grateful for, draw it or just think about three things you are grateful for each day.
- Doing this can have a positive impact on your physical symptoms, optimism and outlook.
- It can make you feel more connected and satisfied.

What **ARE** You  
Thankful  
for?



## Other Wellness Ideas

What are some other things you can do to improve your wellness?

# Reach Out

In conclusion, if you are struggling or feeling sad, please reach out to a member of your family, one of your friends or someone you work with.

Please know that you're not alone. BACI is here to support you and connect with you when needed. **BACI's phone number is 604-299-7851.**

Please also remember that you have access to free counselling and a wide range of other supports is available to you through **Morneau Shepell at 1-844-880-9142.**

**If you are in crisis, please call the crisis line at: 604-310-6789 or 211.**

