Self-Care and Wellness During COVID-19

We thank our Indigenous neighbours and knowledge keepers for the use of the medicine wheel model as a reminder of the importance of staying balanced, centered, and whole, especially during hard times.

Mental
- Read a book
- Do some school work
- Learn something new
- Watch a documentary
- Be in nature
- Call a loved one
- Practice mindfulness
- Listen to music

Physical
- Eat well
- Wash your hands, practice social distancing
- Do an at-home workout (PE)
- Get enough sleep
- Write in a journal
- Find laughter (watch a funny movie, read a funny book)
- Take note of your feelings

Emotional

Spiritual