

Your mental health is important



It's normal for situations like isolation, social distancing and self-quarantine to affect your mental health. Everyone will experience these events in their own way. It is important to practice positive coping strategies and seek help when it's necessary.

It's normal

Try not to avoid, ignore or suppress anxious thoughts. Instead, be aware of your anxiety and accept that you're feeling anxious in this situation. Try to challenge your thoughts that may be extreme or unhelpful.

Practice self-care

Self-care is critically important at this time. Lean on social supports, try to get enough sleep, eat healthy, exercise and engage in enjoyable activities. Do the things that make you happy.

Manage your news subscriptions

Constantly seeking the latest news can be draining and putting you at risk of seeing false information. Check out information from reliable news sources only and take breaks.

Focus on what you can control

Remain focused on the factors within your control, such as washing hands, covering your mouth during coughs and sneezes, avoiding non-essential travel, etc.

Find your community

Taking care of yourself, your friends, and your family can help you cope with stress. Helping others cope with their stress can also make your community stronger.

Wello is here to support you. If you have questions or concerns about your mental health, book an appointment and talk to a clinician - 24/7.

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GET WELL. KEEP WELL.



Take a breath

1.
Sit comfortably

2.
Breathe in
through your
nose

4.
Repeat as
many times as
you need it

3.
Breathe out
through pursed
lips

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Take a break

1.
Sit comfortably
and close your
eyes

2.
Focus on one
thing

3.
Notice when your
mind wanders

4.
Bring yourself back
to the point of focus:
breathe in and
breathe out

6.
Repeat whenever
you need it

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