



**STOP  
COVID-19**



Protect yourself  
and others from  
getting sick



Avoid close  
contact



Clean your  
hands often



Stay at  
Home



Healthy  
Lifestyle

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### **Self-Isolation means...**

No, you can't go to the store because you crave pop or chips

No, you can't go to your friend's house or go hang out.

No, you can't go to your visit grandma's or grandpa's

No, you can't visit your auntie or uncle's or your cousin's house

And no, you can't go to your boyfriend or girlfriend's place.

Anyone not living with you should not be allowed in, do the same.

Yes, it sucks to stay home.

It can be a sad and lonely time.

It can be scary and most days it can be boring.

But it is keeping your family, friends and loved ones safe.

So, stay home

## Tips to stay healthy, mind, body and spirit



*Henry Coaster Memorial School Martin Falls Ontario*

1. Stick to a routine. Go to bed and wake up at reasonable time. Try using the schedule before the pandemic but add self-care and learning and working from home.
2. Dress up like you have somewhere to go. Get showered and dress in comfortable clothes. Take your time looking after yourself.
3. Get out for some air at least once a day. Take a walk while maintaining distance with others.
4. Find some time in the day to move. At least 30 minutes daily. Remember to start slow and work your way to get fit. There are some free YouTube videos you can follow or just turn up the music and have a dance party with your family.
5. Connect with your family and friends using FaceTime, video calls, phone calls and texts. Remember to reach out to those who do not have

social media. It can get lonely for them too.

6. Eat well and stay hydrated. Gather traditional food and teach the young those essential skills. With many communities on boil water advisories, getting water for some may be harder for others. So, ask your neighbor, elderly and those with no means of access to haul a helping hand.
7. Develop your self-care tool kit. Yes! You need to stay healthy, not only for your children, parents and spouse but for you! It looks different for everyone so find what makes you happy, calm and do that at least once a day for 30 minutes.
8. Spend some extra time with the kids. Communication is key, do it through play, learning to cook and chores. Understand this may take time but during this time of uncertainty it helps them talk about their feelings. It's okay to talk to them about what is going on in the world in words they will understand. It helps them process, problem solve, seeing and hearing what's going on.
9. Remember a lot of cooped up time can bring out the worst in people. Children and parents will have their moments so give them time and try not to add fuel to the fire. Blow ups can be scary so take it to the bush and ask creator for direction. Disconnect to connect. Do your best and be your best.
10. Respect each other's space. Sometimes everyone just needs space and time for themselves to heal the mind, heart, body and spirit.

11. Expect increase anxiety, worries and fears in children. They may have nightmares, testing limits, meltdowns, increased teasing with siblings and sleep disruption. It's important not to react with major consequences or punishments. Children want to connect, emotionally.
12. Safety! Be safe always. With the lakes and rivers melting, be cautious of hauling water, continually practice fire and woodstove safety, cooking and stovetop safety, gun safety and environmental safety. Know where your hunters are and when to expect the back.
13. Be gentle with yourself and remember you are doing the best you can under the circumstances. Lower your expectations just a bit and practice self-acceptance. Stop the self-blaming, stop it. You are doing the best you can in a world beyond your control.
14. Turn off the news. Well, set times to have it on or limit it especially around children.
15. Find something to do that you can control. Tackle that closet, declutter the pantry, wash the walls, do what you told yourself "if I had the time..."
16. Find a hobby or a long-term project. Something you can do, pick up in the days ahead to keep busy and distracted.
17. Find the humor in the day. The heaviness of the world can cause a real loom but finding some lightness in your home can make the difference. Children are good examples of this, learn from them.
18. If you need to talk. Reach out to a friend or family but if you don't want to overburden them, there are helplines you can call anonymously. They are there to listen and provide support without judgement.
19. Remember this is temporary. It's undermined but things will get back to some normalcy. Just be safe, look after your four aspects, keep busy and connect with others.
20. There is a lesson in all this. What can we learn? What's our meaning? What do we have to offer in all this?

