

REACH's "Good Health" News

Let's all take a moment, a deep breath and have a wonderful day! Hopefully, one or some of the following tips and suggestions will help to brighten your day! Our good friend, Jackie Ralph (Youth Awareness Coordinator, Canadian Mental Health Association Grey Bruce) has passed along lots of wonderful ideas:



Mind Shift During the Epidemic:

"I'm stuck at home" change to "I get to be SAFE in my own home and spend time with my family".

"I will get sick" change to "I will self-isolate and wash my hands. This will DECREASE my chances of getting sick".

"I will run out of items at home during self-isolation" change to "I have prepared for this, I will use my items wisely, I have everything I need for right now".

"Everything is shutting down, I'm panicking" change to "The most important places, such as medical centers, drug stores and grocery stores remain open".

"There is too much uncertainty right now" change to "While I can't control the situation around me, the way things are in the world, I CAN control my actions. Doing breathe work, going for a walk, calling a friend or a loved one, getting enough sleep and eating proper food, washing my hands for 20 seconds, sneezing or coughing into my elbow and doing activities I love, like reading, playing games or watching movies. All these things make me feel in control and secure"!

Pick a Mantra to help you focus on the Positive!

Mantras are repeatable words or phrases that help you concentrate and calm anxiety. They help you focus on powerful words, while your body calms down

- 1) "Kindness Matters": Place your focus on the well-being of others. It will brighten your days if you help other people. Make eye contact with people you see, smile and say Hi (always keeping in mind physical distancing when out of your home). Ask your people in your family, how you can help them. Always say please, thank you, you're welcome, excuse me, those words mean a lot, you have love and respect for other people.
- 2) "Look at how far I've come": Focus on the progress you've made each day, not on how far you still have to go".
- 3) "This too Shall Pass": Nothing is permanent, this is not normal and we will return to better days. Everything will be fine!



- 4) “My thoughts are powerful and I have power over my thoughts”: You create your thoughts and you have the power to take any negative/sad thoughts away. Remember to be grateful that you are well and safe at home, not stuck at home!
- 5) “Breathe in. Breathe out.” Take a big breath and breathe in positive good energy, hold your breath and slowly breathe out/exhale, allowing all that is negative to leave your body. It feels great!)

Simple Home Tips for a Healthy Day:

1. Open all your shades and curtains, let the light in
2. Play your favorite music
3. Shower, style your hair, smile!
4. Drink lots of water.
5. Call at least one friend or relative a day.
6. Go for at least one walk outside a day.
7. Watch a good movie or read book.

Homemade Sanitizer Recipe

If you aren't near running water/soap and if you are tired of looking for hand sanitizers that have been cleared off the shelves try this simple recipe.

Pour 2/3 of a cup of rubbing alcohol (91 %, or anything above 70 %), add 1/2 a cup of Aloe Vera gel (or vegetable glycerin), mix carefully in a clean bowl and pour into containers (small tubes to carry with you). You can use this as a quick sanitizer to clean door knobs, grocery cart handles, etc.



Community Resources

Remember, it's normal to feel anxious, try not to hide or ignore sad or anxious feelings. The Mental Health Crisis Line of Grey Bruce is staffed 24 hours, 7 days a week and you will be able to talk to a trained professional. Phone 1-877-470-5200 if you are in distress and need to reach out for help.



You can also phone 211, for everything and anything, e.g. Phone numbers for grocery store pick-ups, how to access a “Good Food” box, what the new garbage pick-up dates are, how to get Employment Insurance, etc. Phoning 211 will connect you to a live, fully trained person, who is there to help you!