



## COMFORT ZONE - 14 days of Emotional Wellness

Isolation can feel very overwhelming for a lot of youth who struggle to find and maintain friendships and healthy relationships. However, thanks to the internet we don't have to feel completely alone while at home.

Here are some interesting suggestions to try during the COVID-19 pandemic.

- ☐ Try a new recipe - homemade banana bread, a soup, or a salad
- ☐ Indulge in a facial or beauty regimen
- ☐ Challenge yourself with a 5 min home workout
- ☐ Find inspiration by reading, crafting, or cleaning
- ☐ Join a group chat
- ☐ Indulge in some R&R
- ☐ Reconnect with an old hobby i.e. drawing, video games, dancing
- ☐ Create a playlist
- ☐ Try a new cocktail/mocktail
- ☐ Meditate
- ☐ Blog/Vlog about what you are doing
- ☐ Moisturize and drink 8-10 glasses of water a day
- ☐ Organize your closet
- ☐ Snuggle up in bed (Get lots of rest)

Every day can be an exciting new activity. Email us for more fun activities.

**Remember, self-care is healthcare so take care of yourself**



## **Building Resiliency through Hard Times**

We remain committed to helping youth form and maintain healthy relationships, as such, here are some tips to ensure you feel supported and connected to us during this pandemic.

### **1. Are you feeling lonely or depressed?**

- a. Email us at [dproject@pqwchc.ca](mailto:dproject@pqwchc.ca) or message us on Facebook if you want to chat

### **2. Are you bored?**

- a. Try an activity on listed on our 14 days of emotional wellness sheet or check out some videos on YouTube

### **3. Are you worried you may be sick?**

- a. If you think you have been exposed to the coronavirus perform a self-assessment using this link <https://www.ontario.ca/page/2019-novel-coronavirus-covid-19-self-assessment>
- b. If you require medical support and access our program, phone the health centre and our clinical team will advise you on what best to do [\(416\) 703-8482](tel:4167038482)

### **4. Are you currently in need of food but low on cash?**

- a. Please email us and we will get back to you with some options including local food banks and programs that you can access for packed lunch.

### **Important Notice:**

**To prevent the spread of the coronavirus aka COVID-19, please wash your hands regularly and limit/avoid physical contact with others as much as possible.**

**Continue to connect, socialize and engage with your friends and loved ones online and by phone to reduce feelings of solitude and create comfort and during these hard times.**