

**Outbreak Update**

There are no new cases as of 11am on January 28, 2021. The current outbreak status is as follows:

	Staff	Residents	Essential Caregivers (family or loved ones)
Number of people with COVID at Maxville Manor	1	0	0

As of this morning, we have no residents positive with COVID. Yay! 😊

**Bell Let’s Talk Day**

Today is Bell Let’s Talk Day. By having the conversation around mental health, we can help one another. It is important to share those successes, just as much as it’s important to tell people when we’re struggling. Especially during a lockdown, it is hard not to feel alone. We are missing having our families and community visit us here at the Manor. We are constantly looking for ways to connect with others and we encourage you too as well.

**Mental Illness Awareness Week**

Mental health and illness costs the Canadian economy approximately **\$50 billion** annually

**11** approximate number of Canadians that end their life by suicide each day

On any given week, more than **500,000** Canadians are unable to go to work because of mental health or mental illness

Almost **3 million** Canadians suffer from depression

**1 in 5** Canadians will experience some form of mental illness at some point in their life

Sources: Canadian Mental Health Association (CMHA), Bell Let’s Talk

CANADIAN ALLIANCE ON MENTAL ILLNESS AND MENTAL HEALTH

SENATE

# A MENTAL HEALTH GUIDE TO COPING WITH LOCKDOWN IN THE WINTER

 @BELIEVEPHQ



## LIGHTING

On dark mornings wake up gradually with increasing light. Try out a SAD light or lumie bodyclock



## LIMIT NEWS

Limit the amount of time you spend on social media and checking news



## TAKE TIME FOR YOURSELF

Plan time into your week where you can engage in activities that are relaxing. It is important to have time for yourself where you engage in some self care



## STAY CONNECTED

Even though it might be difficult to see friends and family it is important that you stay connected to them on a regular basis



## COPING STRATEGIES

Identify some positive strategies you can engage in that help you to deal with stress, worry or anxiety



## PLAN YOUR WEEK

Organise your week and plan in activities that provide you with a sense of pleasure and achievement



## POSITIVE HABITS

Write down a list of 5 - 10 positive mental health habits you can engage with on a regular basis to maintain your mental fitness



## HELP OTHERS

Whether it is helping around the house or supporting your brother or sister, helping others can help provide you with positive emotions



## CONNECT TO YOUR VALUES

Re connect with things that are important to you and try to engage with them on a regular basis



## STAY ACTIVE

Throughout the day try and be active. Take a break from your work and walk around. Regular exercise can also be great for reducing stress and boosting mood



## ASK FOR HELP

If you notice yourself struggling reach out to family, friends, your doctor or a local mental health charity for help

