SUPPORTING MENTAL HEALTH DURING COVID-19

As well as impacting our physical health, the impacts of COVID-19 can also influence our mental health and wellness. Feelings of anxiety, depression, or hopelessness may be heightened during this time. Taking steps to cultivate our mental wellness during this time is an important practice.

Recognize and acknowledge how you are feeling. Allow yourself permission to grieve, feel worried or frustrated. Be kind to yourself, and know that these feelings can be a normal reaction to the uncertainty of this experience. Recognize these thoughts for what they are, and find ways to move through them.

In times where things may feel out of control, focus your thoughts on the aspects that you are able to control - such as your own practices of social distancing, hand hygiene, pursuit of engaging activities at home, and your kindness and compassion towards yourself and others.

Be sure to take breaks and periodically step back from social media and the news cycle. While it is important to stay informed and aware, allowing yourself to become overwhelmed with news can deeply impact your own well-being.

Continue to cultivate connections with those you love through phone calls, video chats, messages, or even letters. Check-in with our Elders and see if there are ways you can offer support.

If possible, spend time in nature. Enjoy the sunshine and the feel of being outside, while also being mindful of practicing social distancing.

Engage in activities at home that bring you joy. Whether that is reading, playing music, beading, practicing yoga, or spending times with our pets.

Foster hope. Look for those that are helping, read stories of people coming together.

If you find yourself needing additional mental health support, call the Métis Crisis Line at 1-833-METISBC (1-833-638-4722)

Remember, Métis are rooted in resilience. We will move through this time together.

Stay well, from MNBC’s Health Team.