

Today's Message:

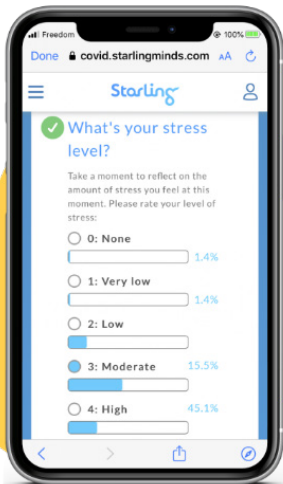
It's Okay to Be Sad



It's okay not to be okay.

Make time for your mental health and find self-care strategies that work for you.

- Acknowledge that your feelings are valid. It's normal to feel worried, stressed, overwhelmed, angry, or scared during a crisis.
- Pay attention to your needs. Try to eat healthy, get enough sleep, exercise regularly and engage in activities you enjoy and find relaxing.
- Stay connected. Check in with loved ones and share how you're feeling.



Starling Minds Free Online Mental Health Program

This free and confidential program can help you manage stress and anxiety from COVID-19. Learn to set healthy boundaries, create realistic goals, find strategies to help you cope, and connect with others on their anonymous Community Forum.

<https://info.starlingminds.com/covid-19-b2c-faq>

That Discomfort You're Feeling is Grief

David Kessler, a leading expert on grief, has some tips for managing our grief while the future feels uncertain. We can come into the present moment by using our senses, let go of what we can't control, and stock up on compassion for ourselves and others.

<https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief>



Feeling stressed or anxious?

Ground yourself with a [short breathing exercise](#) or try some [1-minute mindfulness activities](#). For a more creative way to relax, and [do some colouring](#) or put up some [hearts in your window](#) to share a little joy in your neighbourhood.