



Online Resources and Suggestions for Stress Reduction from CFFM Mental Health Teams

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“Let’s aim for physical rather than social distancing. Isolation can be toxic. Let’s reduce physical distance while staying connected. Social Isolation has the equivalent adverse impact on physical health to smoking 15 cigarettes a day”. (Kenneth E.Miller)

Tips to help manage your stress during this time:

- ✓ Stay connected with your social and family networks via technology
- ✓ Breathe
- ✓ Express Gratitude
- ✓ Establish a Mantra
- ✓ Embrace Natural Light
- ✓ Meditate
- ✓ Exercise
- ✓ Practise habits you enjoy and find relaxing
- ✓ Seek credible information at specific times, not all day
- ✓ Be kind to yourself and others



Apps – Available for Android and iOS:

App Name	Description
Calm	Sleep, Meditate, Relax (7-day free trial)
Headspace	Meditation & Sleep (free during COVID-19)
Smiling Mind	non-for profit web and app-based meditation program
Woebot	Cognitive behavioural therapy

YouTube Videos:

Yoga with Adriene	https://www.youtube.com/user/yogawithadriene
COVID-19 Calming Meditation	https://www.youtube.com/channel/UCOiBggLalH3aJL7pJGHpCpA

Websites:

www.calm.com	www.mindful.org
blog.calm.com	www.anxietycanada.com
www.headspace.com	getselfhelp.co.uk