Self-Care and Wellness

Making time for your well-being can often times be categorized as something you do when you ‘have the time,’ or in other words it’s not always deemed an essential component of our everyday lives. In fact, you hear it on a daily basis, “I wish I had more time to work out!” or “I want to eat healthier, but who has the time to meal prep?”

In times of heightened stress or anxiety, it’s more important than ever to maintain your physical and mental wellness. Dedicating time to your own well-being and that of your family’s, is vital to ensuring you’re equipped to handle the uncertainties which can seem dismal at times, and foster practices of resiliency, positivity, and overall good health.

As we all collectively continue to navigate and understand the impacts of this pandemic, including practicing social distancing, it remains true that self-care is not something that requires the presence or engagement of others. Let’s start putting the ‘self’ back in self-care!

Explore the resources below to support your self-care and well-being.

### SLEEP

We all know that sleep is important, but just how much sleep should you be getting? It is important to continue to get enough sleep every night as best you can, even if your daily routines change, which for most of us is the case recently.

**How to Calculate When you should go to sleep**
[https://www.healthline.com/health/sleep/sleep-calculator](https://www.healthline.com/health/sleep/sleep-calculator)

**Importance of sleep: Six reasons not to scrimp on sleep**

**How much sleep do we really need?**
[https://www.health.harvard.edu/staying-healthy/how-much-sleep-do-we-really-need](https://www.health.harvard.edu/staying-healthy/how-much-sleep-do-we-really-need)

### NUTRITION

It’s so easy for so many to fall into unhealthy eating habits and patterns. Often times not knowing what healthy alternatives/options are, can be half the battle. Stay informed and learn about how to choose the right foods for optimal wellness and food safety.

**CDRCP Webinar: Why Nutrition Matters for Mental Health** [click here](#)

**Healthy Eating Recommendations**

**The 4 steps for Food Safety at Home Before Consumption**
[https://www.peelregion.ca/health/environNew/food/athome.htm#4steps](https://www.peelregion.ca/health/environNew/food/athome.htm#4steps)

**Food Safety for Vulnerable Populations**
Engaging in physical activity, when able, can have lasting benefits to one’s overall health and well-being. While the idea of exercise may not always be enticing, exploring the different options and getting creative, can create positive effects in several areas of your life and your family’s—You may even surprise yourself by enjoying it!

**Benefits of Physical Activity** [https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm](https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm)

**How to Start Exercising and Stick to it** [https://www.helpguide.org/articles/healthy-living/how-to-start-exercising-and-stick-to-it.htm](https://www.helpguide.org/articles/healthy-living/how-to-start-exercising-and-stick-to-it.htm)


**Promoting fitness in Children 0 – 6 years: CDRCP Webinar: F – Word in Childhood Disability: Fitness** [Click here](https://www.participaction.com/en-ca/)

**Unicef Kid Power** [https://www.unicefkidpower.org/best-apps-for-keeping-kids-active/](https://www.unicefkidpower.org/best-apps-for-keeping-kids-active/)

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**Relaxation can mean different things to different people. However, it is hard to debate the fact that it is a crucial component in maintaining our overall physical and mental health. Take time to schedule in relaxation time, get away from the screens, and let your mind relax from the noise of the world.**

**Relaxation Techniques for Stress Relief** [https://www.helpguide.org/articles/stress/relaxation-techniques-for-stress-relief.htm](https://www.helpguide.org/articles/stress/relaxation-techniques-for-stress-relief.htm)

**How to Relax: Techniques for Relaxation** [https://www.headspace.com/meditation/how-to-relax](https://www.headspace.com/meditation/how-to-relax)

**How to Become More Mindful** [https://www.youtube.com/watch?v=BqluNf-Axr4](https://www.youtube.com/watch?v=BqluNf-Axr4)

**Google Search:** Mindfulness Journals (explore and find a fun, meaningful journal that speaks to you!)