

MENTAL HEALTH AND: WHAT ADULTS AND CAREGIVERS ARE EXPERIENCING AND WHAT THEY CAN DO

Canadian adults and caregivers have been experiencing increased anxiety, depression, stress, and overall lower perceived mental health. This has been especially apparent in women.

Strategies

Be Kind to Yourself

Practice self-care and take care of the mind, body, and spirit. Carve out times to relax and reflect.

Seek out Support

Speak frequently to someone trusted about feelings. Keep connected to others and do not be afraid to ask for support when needed.

Balance

Caregivers have been experiencing increased responsibilities. Balance stressful situations with participating in enjoyable and/or relaxing activities. Reduce expectations.

Be the Example

Caregivers being kind to themselves will be beneficial for their mental health as well as the mental health of the children they care for. Children will be looking to their caregivers to show ways to cope and proceed despite stressful circumstances.