

Supporting your mental health & well-being

It's important to realize that our responses can change over time



In times of uncertainty or when things are out of our control, it's normal to experience strong emotions. We might feel stressed, overwhelmed, scared, or even indifferent – and that's ok, everyone responds differently.

Some common reactions to stressful events are **tiredness, headache, irritability, fear, difficulty focusing, withdrawal, trouble remembering, and unable to reset or feel settled.**

When we become aware of our own reactions, we are better able to take intentional steps to manage the stress or emotions that we may be experiencing.

Family and Community Services offices closed to visitors - we are still here for you by phone.

Family and Community Services is still available to assist you with parenting supports and other concerns related to finances, stress, relationships and others by phone.

Please call 780-464-4044 to speak to our team during extended operating hours listed below:

Monday, Friday, Saturday, Sunday **8:30 a.m. to 4:30 p.m.**

Tuesday, Wednesday, Thursday **8:30 a.m. to 8 p.m.**

How can we support ourselves during these times?

Connect with family & friends. Even a phone call or text message from someone you care about can provide comfort and connection that helps you to cope through challenging times.

Accept your feelings. Try to put words to your emotions and don't judge or label yourself because of it.

Maintain as normal a schedule as possible. Be mindful of getting rest, eating regular and balanced meals, and keeping reasonably busy.

Be kind to yourself. Engage in self care, give yourself permission to feel upset, or try writing in a journal. Whatever you chose, try to extend the same kindness and compassion to yourself that you extend to others.

Realize that those around you are under stress also. Everyone responds differently and may have different coping strategies to respond when things are tough.

For more information or resources about supporting your mental health and well-being, visit strathcona.ca/wellbeing