

COPING DURING COVID

Substance Use

- 24% of Carls who drink alcohol and 43% of Carls who use cannabis report doing so to relieve stress
- Relying on the short term benefits of substances during times of stress increases the risk of dependence

Withdrawal From Others

- When overwhelmed, it is easy to draw yourself inwards and try to block out the world
- Isolation affects productivity and mental health

Mindful Activities

- Coloring, art, knitting
- Creative activities require little physical effort or resources and promote mental wellbeing

Physical Activity

- Walking, running, stretches
- Increasing heart rate and endorphins can leave you feeling happier and re-energized

Emotional Support

- Talking with friends, family, loved ones
- Research shows that even 15 minutes of verbal conversation a day can combat isolation

Sources:

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DRAINING RESTORATIVE