

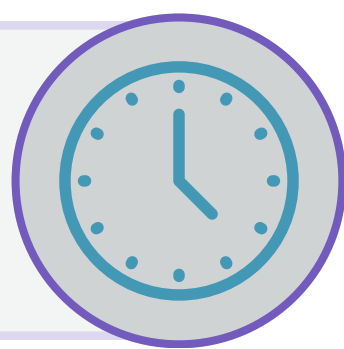
Top Wellness Tips for Anxiety & Depression



Activities to support mental wellness can be particularly helpful for people experiencing anxiety and depression. They don't replace talking to a health care provider or following a treatment plan but they can be done while waiting for appointments or alongside other treatments.

Give yourself time

Make time and space to enjoy life, look after your basic needs, and notice how you are feeling.



Connect with others

Be involved in your community, phone a friend, chat online, and build those connections.

Spend time with loved ones

Find opportunities to be with the people you care about. Grow your relationships and have fun!

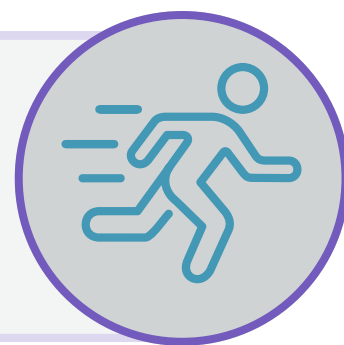


Listen to your inner self

Try mindfulness. Observe your thoughts, beliefs & behaviours. Be open to growth.

Move your body

Being active can improve your mood and lower your anxiety. Find activities that work for you and go at your own pace.



Do what brings you joy

Spend more time on your interests and hobbies. Get out and try something new.

There are many small steps you can take to support your mental wellness. You can start today!