

# Taking care of oneself and others

Strategies to improve the well-being of **Pathfinders** and the people around them

LE CISSS DES LAURENTIDES  
complice de votre bien-être

LE RÉSEAU  
**D'ÉCLAIREURS** 

EN SANTÉ PSYCHOLOGIQUE

## BE KIND TO YOURSELF

- **Believe in yourself**  
and focus on your strengths
- **Prioritize yourself and your needs**
- **Give yourself permission**  
to express your reactions, your feelings and your emotions
- **Recognise and respect your limits**  
delegate certain tasks and ask for help when needed

## BE CARING

- **Be present for others**  
by being an empathetic listener
- **Adopt an open and tolerant attitude**
- **Focus on positive emotions**
- **Doing simple things that bring a smile**  
Saying hello, showing respect and courtesy, acknowledging someone's success, sending messages of thanks or encouragement, helping someone out while respecting your limits

## GIVE YOURSELF TIME FOR LEISURE AND HOBBIES

- **Reflect and relax**  
Meditating, relaxing, keeping a diary, taking a bath, listening to music, watching movies or TV series, etc.
- **Cultural, artistic and creative activities**  
Reading, watching documentaries, drawing, painting, knitting, dancing, singing, doing puzzles, cooking, etc.
- **Activities that help reduce stress**  
Going up and down stairs, exercising, walking, cycling, doing outdoor maintenance, etc.
- **Allow for quality time with significant others**  
In accordance with health measures in force

## ADOPT OR MAINTAIN HEALTHY LIVING HABITS

-  **Allow for adequate and regular hours of sleep**
-  **Take the time to eat nutritious food**
-  **Exercise regularly**
-  **Limit your alcohol, tobacco, drug use, and gambling**
-  **Reduce your screen time**  
and time on social media if this is a source of anxiety
-  **Consult reliable sources of information**

## CULTIVATE RELATIONSHIPS AND GET INVOLVED IN THE COMMUNITY

- **Cultivate relationships with people who bring you joy**  
Given the need for physical distancing, telephone calls or video conferencing can help you cultivate social relationships
- **Contribute to helping others and show solidarity**  
Participate in community and municipal leisure activities, belong to a social club, volunteer, etc.



Don't hesitate to ask for support, advice or help if needed

[Here is a list of resources, hotlines and websites to check out, use and recommend](#)

References :  
Gouvernement du Québec (2021, 16 mars). Aller mieux en contexte de pandémie COVID-19. <https://www.quebec.ca/sante/problemes-de-sante/a-z/coronavirus-2019/aller-mieux-en-contexte-de-pandemie-covid-19>

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