



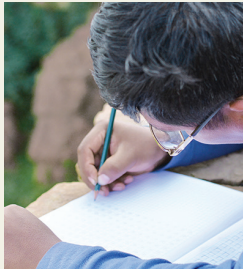
First Nations Health Authority
Health through wellness

Keeping Well and Staying Connected during COVID-19



HOW TO CONNECT SAFELY

Now more than ever, connecting with loved ones (grandmothers, grandfathers, parents, aunties, uncles, favourite cousins, and friends) will support your personal wellness – mentally, physically, spiritually and emotionally. For Elders and people with compromised immune systems, it's especially important to be creative and proactive in reaching out to them.



WRITE LETTERS

Canada Post is still operating, so why not send a card or letter to a loved one that may be isolated during this time? It's a great way to keep communication open and who doesn't like to get mail from family and friends? Adding a printed photo with the letter is a great personal touch.



SEND A GIFT OR MEAL

This is a great way to brighten someone's day when visiting restrictions and isolation may be getting them down. Mailing a gift personally or ordering online is a nice way to share a connection. You could send a book, flowers, puzzles or even a hot meal.



"DRIVE-BY" OR PHYSICALLY-DISTANCED VISITS

Simply driving or walking by your friend or relative's home and waving to them from the safety of your vehicle or from the road can support a sense of connection. Many of our remote communities have been doing "drive-by" car parades, waving and honking at loved ones, letting them know they are thinking of them.

CREATE A VISION BOARD

A vision board is a collage of images and words representing your wishes or goals. It serves as inspiration or motivation.

Canva is a free, simplified graphic-design tool website. It uses a drag-and-drop format and provides access to photographs, vector images, graphics, and fonts. Download the tool here:

[Canva: Graphic Design and Video on the App Store](#) or
[Canva 2.54.0 for Android - Download](#)

MAKE A GRATITUDE LIST

Gratitude is good for our hearts, bodies, minds, and spirits. When we write down what we're thankful for, it magnifies the power of that gratitude and the positive feelings that go with it – joy, peace, compassion, forgiveness and love. Learn how to write a gratitude list and make it a habit [here](#). Remember that the Creator has a plan for each of us, that things usually happen for a reason, and that there are lessons for us to learn.

Send gratitude messages to your friends and family to brighten their day and yours. Here are [109 examples](#) of how to show your gratitude with words.

SIMPLE THINGS YOU CAN DO

- Look through photos
- Try a new recipe
- Listen to music – make a playlist and share with friends and relatives
[Spotify: Music for everyone](#)
- Play cards – learn a new card game
- Take an on-line class
- Start a garden
- Go outside
- Exercise - Make your driveway an exercise space and get the whole family involved

