Covid Care:
B.R.A.C.E Yourself

Body Care
- Establish a routine you can stick with.
- Regularly engage in physical activity you enjoy.
- Don't skimp on sleep or healthy food.
- Give yourself permission to rest.

Reach Out
- Recognize you need help.
- Talk to family & friends you feel safe with.
- Connect to resources like BounceBack BC.
- Practice empathy & compassion.
- Crisis line: 310-6789

Achieve
- Create simple, achievable goals.
- Make a plan to meet the goal.
- Think: tidy a bookcase, explore a new street walking, try a new recipe, join Ride Don't Hide, etc.

Connect
- Keep in touch with family and friends.
- Explore different ways of connecting: social media, text, video, mail.
- Say a passing 'Hello' to people as you walk.

Enjoy
- Give something you have never had time for a try - a hobby, a recipe or book.
- Write in a journal.
- Remember this situation is temporary.
- Get outside.
- Help others if you can.