**Wellness Tips to Support Your Mental Health**

It can feel like the pandemic has been with us long enough that people may have already accessed the necessary resources and [strategies for handling their stress](https://hbr.org/2020/05/how-to-cope-with-that-always-on-feeling), but the fact is, many people are struggling more, not less.

It is normal to be feeling increased levels of stress and anxiety due to the ongoing COVID-19 pandemic. As social gathering restrictions and shutdowns have remained in place far longer than first anticipated, the activities and coping strategies you relied on to get through the past two years may not be working as well as they used to.

Maintaining good mental and physical health will help ensure we get through this together. Understanding your stress levels can help you make a plan for how to manage your stress and anxiety. When some people experience too much stress, they may feel a loss of control, excessive worry and other negative emotions. By managing our stress and anxiety, we can maintain positive mental health as the pandemic evolves. Taking on big changes can feel daunting, and if a new routine doesn’t stick it can be discouraging. Focusing on small actions instead of an “all or nothing” approach can help to relieve some day-to-day stress and anxiety:

Wellness Micro-Habits

* First hour of your day: make your bed and drink water
* Final hour of your day: create a calming bedtime ritual with minimal screen time
* Take a stretch break every hour
* Connect with nature once per day by going outside for fresh air or a walk
* Engage with resources that can offer you support

If you’ve been feeling stressed or anxious, refer to the [Black & McDonald Health](https://blackandmcdonaldhealth.com/bm-updates/hr-updates/employee-wellness-program/) page for mental health resources on a variety of topics.

There is also a collection of valuable resources available on [The Wire](https://bandm.sharepoint.com/employee-essentials/workplace-wellness/Pages/Mental-Wellness.aspx).

Workplace Options, our employee and family assistance provider is another resource available to offer support:

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| **Canada** | **United States** |
| Black & McDonald’s EFAP provider:* 877-847-4525
* Email: support@resourcesforyourlife.com
* [http://ca.resourcesforyourlife.com](https://www.advantageengagement.com/1011/login_company.php?company_username=BMWeCare&%20company_password=employee&id_eap=1011&submit=Submit%20Query) COMPANY CODE: BMWeCare
* Download the ‘ICONNECT YOU’ app at your device app store.
 | Black & McDonald EFAP provider:* 800-466-8282 access code 8282
* Download the ‘AlternativesEAP’ app
* PASSCODE: 14930
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