



The Northern Health community wellness challenge

Be connected. Be well. Be safe.



Pick an activity from each column. Do them on your own, with family or household members. They can be fun for all ages!

Remember to follow public health guidance to stay safe, including:

- Stay home and away from others if you have cold or flu symptoms.
- Keep physical distancing (two meters), as much as possible when in the community and where not possible, consider using a non-medical mask or face covering.
- In personal settings when you're seeing friends and family who don't live with you, only get together in small groups of around 2 to 6 people and keep a physical distance.

If you'd like to enter the weekly prize draws, check out the entry details on the [Northern Health](#) website.

Physical wellness

Taking care of your body



Get a good night's sleep!

Stick to a consistent bedtime and wakeup schedule and avoid using your devices before bedtime.

Check out these [10 tips for sleeping well during troubled times from the First Nations Health Authority](#).

Pick a song to wash your hands to

Make good hand washing fun by creating a unique poster with [Wash Your Lyrics](#). Post it where you wash your hands.



Mental wellness

Taking care of your mind and emotions

Try a digital break

Leave your phone and other devices alone for a while and turn off the news.



Here are some tips for how to [stay mentally healthy with technology](#).

And some for when the [news stresses you out](#).



Take a mindfulness moment

Practicing mindfulness can be beneficial for anyone - adults, youth, or children. It can help us manage difficult or stressful situations.

Learn tips and apps for practicing mindfulness at [Kelty Mental Health](#).

Community connectedness

Connecting to your local, regional, and broader community



Explore arts and culture online

Check out a free virtual music on [Showcase BC Youtube channel](#).

Check out an [international art gallery, museum, or cultural site online](#).



Learn how to say a few words in a new language

Explore Indigenous languages from Northern BC at [First Voices](#).

Learn international languages with the free [Duolingo](#) language app

Social wellness

Taking care of your relationships



Check with someone you've been thinking about

Make a call, organize a video chat, or have a virtual coffee date with someone you don't live with. Especially someone who might be feeling alone or isolated right now.

FREE CHOICE

Do any activity that takes care of your relationships!



Spiritual wellness

Connecting to something greater than yourself

FREE CHOICE

Do any activity that connects you to something greater than yourself!



Express gratitude to someone you rely on in your community

Write a thank you note or card for your grocery store workers, health care workers, first responders, or anyone else you are grateful for.



Physical wellness
Taking care of your body



Try a new physical activity

- Look up a free Zumba or yoga class online.
- [Head outside for some fresh air and activity](#) while keeping a safe distance.



Prepare a favorite meal and share it with your household members

If you [live alone](#), invite a friend or family member to join you using technology.

Mental wellness
Taking care of your mind and emotions



Listen to uplifting music that brings you joy

Have a mini dance party in the living room.

FREE CHOICE

Do any activity to take care of your mind and emotional wellness!



Community connectedness
Connecting to your local, regional, and broader community

FREE CHOICE

Do any activity to feel more connected to community!



Tour a Northern BC park or attraction - virtually

Check out accessible tours at [AccessibleBC](#).

Learn more about Northern BC parks and attractions with [Northern BC Travel](#) and [Indigenous Tourism BC](#).

Social wellness
Taking care of your relationships



Learn a new skill, on your own, or as a family

Some ideas:

- Cooking
- Crafts
- Household chores



Make a short video or write a message

Share your message with a family member, friend or teacher.

Spiritual wellness
Connecting to something greater than yourself

Offer to help out in your community while staying safe

You can find some ideas and guidance on [staying safe while helping others](#) on the Government of BC website. For example, help a senior, donate to food banks, donate blood, and more.

Connect with nature

Look out a window or step outside your home. What do you see, hear, smell, and feel.



Connecting with nature helps us relax and reminds us that we are part of something bigger than ourselves. There's [lots of ideas](#) for both indoor and outdoor activities for all ages.

Physical wellness

Taking care of your body

Mental wellness

Taking care of your mind and emotions

Community connectedness

Connecting to your local, regional, and broader community

Social wellness

Taking care of your relationships

Spiritual wellness

Connecting to something greater than yourself

FREE CHOICE

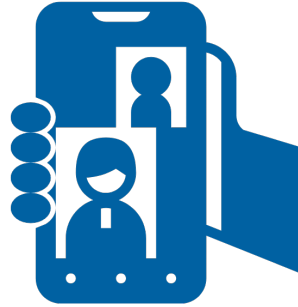
Do any activity to take care of your physical wellness!



Build self-care into your day and support your household members to do the same.

All the things you do to take care of yourself will help manage stress. Some self-care ideas:

- Play a game
- Practice deep breathing
- Take a bath
- Cuddle your pet
- Go for a walk



Connect with a community you used to see regularly

Organize a phone call or virtual meet up with:

- Classmates
- Sports teams
- Church groups
- Volunteer groups
- Work colleagues
- Professional development groups



Celebrate a milestone while staying physically apart

[Birthday party parades](#) are one idea, and [here's a bunch more!](#)



Take time to be creative

Take a photograph. Play an instrument. Write or draw. There's so many ways to be creative! Practice one of your favorite creative activities.