

Portfolio Advisor

Winter 2021

Ten ways to improve physical and mental health during the COVID-19 pandemic



Taking care of your financial and wealth management needs is just one part of your overall wellness. Your mental and physical well-being are also important. And in these days of social distancing and lockdowns – not to mention it’s just a plain old Canadian winter – it can be difficult to find activities to keep the mind and body engaged. Here are 10 things* that can help:

- 1. Play a game:** Try Sudoku, a crossword puzzle or even an old dependable jigsaw puzzle to keep the mind active – or, pull out Monopoly or Clue or any board game for fun with the family. If you’re so inclined, maybe play chess or Scrabble online with a friend you can’t see in person right now.
- 2. Read and/or listen to a book:** Local libraries provide online access to thousands of audio books and e-books – for free! And if you haven’t tried listening to podcasts before, there’s never been a better time to start.
- 3. Journal, draw or paint:** Not only do these activities work to concentrate the mind, they also promote the connection between the mental and the physical, enhancing movement and engagement.
- 4. Visit a museum or enjoy a tour:** Visit the Louvre during a pandemic? Yes, you can! An increasing number of museums, galleries and events are going online, allowing you to enjoy arts, music and entertainment without ever having to leave home.
- 5. Meditate:** Long considered one of the most important activities to promote mental and physical well-being, meditations are widely available on the Internet. *Namaste!*
- 6. Cooking or baking:** Sales of baking implements and goods have soared during the pandemic, and that makes sense – why not enjoy learning a new skill or enhancing an existing one, while combining a physical activity with a result that you and/or your family can enjoy together? Ding! Ready!
- 7. Learn a new language:** Cooped up and itching to travel to faraway lands? Online language courses are abundant, and learning one can provide a great escape while you are stuck at home.
- 8. Video conference with friends and family:** Staying connected is critically important any time, but these days even more so. Set up regular touchpoints – it will help those you connect with as much as you.
- 9. Knit, sew or needlepoint:** While you are spending time filling time, stitch together something that will last and bring you joy for years to come.
- 10. Do a home workout:** Want to burn off some energy? Keep fit? Need to work off that COVID “19” we are all gaining sitting at home? Search the Internet for easy-to-follow workouts for all levels of fitness and capability.

Know someone who needs help with mental well-being?

Check out the Canadian Mental Health Association’s website (cmha.ca/are-you-in-crisis) – there is always someone there to listen and help, whether it’s for you, a friend or a family member.

*Source: Canadian Coalition for Seniors’ Mental Health (2020).