What did Canadians do for their mental health during the COVID-19 pandemic?

During the pandemic in early 2021, many Canadian adults reported taking active care of their mental health by engaging in a range of activities that are accessible to most on a daily basis.

- 86% communicated with friends and family
- 55% participated in hobbies
- 56% exercised outdoors
- 43% exercised indoors
- 32% prayed or sought spiritual guidance
- 22% meditated
- 26% changed their food choices
- 19% changed their sleep patterns
- 10% communicated with a professional

The Public Health Agency of Canada funded the 2021 Survey on COVID-19 and Mental Health to better understand the impacts of the COVID-19 pandemic on the mental health and well-being of Canadians. Responses from adults (aged 18 years and older) living in the 10 provinces and 3 territorial capitals in Canada were collected by Statistics Canada between February and May 2021.

Mental health resources are available
If you, or someone you know, is in a crisis or needs mental health and substance use support, visit Mental health support or Wellness Together Canada for a wide range of resources and supports.

For more information about COVID-19, please visit the Government of Canada website on the Coronavirus disease (COVID-19)

Data source

https://www23.statcan.gc.ca/imdb/p2SV.pl?Function=getSurvey&Id=1322324