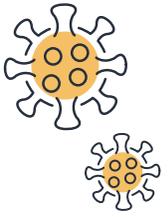


What did Canadians do for their mental health during the COVID-19 pandemic?

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



Different sociodemographic groups favoured some activities over others.

- Gender:** Women were generally more likely to engage in activities for their mental health than men.
- Age:** Adults younger than 65 years of age were more likely to change their sleeping and eating patterns for their mental health than older adults.
- Place of residence:** Canadians from rural areas were more likely to exercise outdoors for their mental health than Canadians from urban centres.
- Racialized groups:** Canadians from racialized groups were more likely to pray or seek spiritual guidance for their mental health than those from non-racialized groups.

Communicated with friends and family



Participated in hobbies



Exercised outdoors



Exercised indoors



Prayed or sought spiritual guidance



Meditated



Changed their food choices



Changed their sleep patterns



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

Statistics Canada. Survey on COVID-19 and Mental Health (SCMH) 2021 (accessed January 2022).

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