

Coping with stress and anxiety during the COVID 19 Pandemic

The COVID 19 Pandemic is affecting everyone around the globe. It is normal to be experiencing an increase in stress and anxiety during these uncertain times. We may be worried about ourselves, our loved ones and trying to adjust to the new current reality of social distancing. This can take a toll on our mental health.

The following are some tips you may consider to help you balance your mental health:

Take breaks or limit your focus on the news. It is important to stay informed but constantly monitoring stories of the pandemic may significantly increase feelings of distress and anxiety. Consider giving yourself permission to check in with the latest news once or twice a day only.

Ensure that you are seeking your news from reputable sources. The World Health Organization and the Public Health Agency of Canada are keeping the public up to date with the current facts. Facts versus hearsay will help you to react and make choices appropriately and to the best of your ability.

Focus on the things that you can control. Take care of your body, your mind and your spirit.

Self-care tips:

Maintain your routine by waking at regular hours.

Try to eat healthy. Consider trying some new food recipes.

Exercise and stretch regularly.

Get outdoors if possible while maintaining a social distance from others.

Get plenty of sleep.

Read.

Meditate. Breathe deeply.

Get creative. Write. Do art. Play music. Sing.

Play games or watch enjoyable movies.

Laugh.

Practice gratitude and empathy. Consider how others are experiencing these difficult times.

Stay connected via telephone, Facetime, or social media.

If you're able, do something small such as delivering goods to someone in need who may be vulnerable or especially isolated.

Try to stay positive. Look for stories of helpfulness, compassion or recovery.

Express your feelings by talking to someone or writing them down in a journal.

Talk to your kids and your loved ones. Listen to one another with compassion. Provide reassurance that it's okay to feel uncertain and that it is normal to feel upset.

Crisis services:

Mobile Crisis Service: 204-940-1781

Klinic 24 hour line: 204-786-8686 or 1-888-322-3019