

# COPING DURING COVID

As the pandemic drags on, many of us are feeling anxious sometimes, or more than usual. These tips may help you feel calmer and a little more balanced.

## Accept your thoughts

It's normal to feel anxious right now. Try not to avoid or ignore anxious thoughts. Instead, notice what situations make you feel anxious and why. You can "name the anxiety" and accept it. Then start an activity, do something active or talk to a supportive family member or friend.



## Take care of yourself



Our worries can get worse if we aren't taking care of ourselves, so it's important to fill your tank once in a while.

- Reach out to friends, family and neighbours for safe social time - a phone call, video chat or texts can go a long way!
- Sleep is really important. Try going to bed a bit earlier for a few nights in a row and see how you feel.
- What do you enjoy doing? Carve out some time for a bit of exercise or a hobby.

Sometimes checking the news can make you anxious. Take control of when and how you check the news.



- Decide when you will check the news and for how long.
- Give yourself lots of breaks from the media.
- Get your news from reliable sources only.
- Turn off notifications from media apps and social media.

## What can you control?

Life during a pandemic means living with uncertainty.

When it comes to your health, focus on things you can control.

- Follow your local public health unit guidelines.
- Wash or sanitize your hands often.
- Wear a mask.
- Practice physical distancing.



## Reach out

If you feel like symptoms of anxiety are making you really upset or stopping you from functioning normally, reach out for mental health support. Talk to your family doctor or a mental health organization like CMHA Waterloo Wellington.

If you or someone you know is in crisis, call Here 24/7 at 1-844-437-3247 or 1-844-(HERE247)



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Health Association  
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