

Coping with anxiety during Covid-19

Anxiety is the body's natural response to stress. During this unprecedented time, anxiety is a very common reaction. Trying some of the tips on this sheet can help make the anxiety you are feeling a bit more manageable.

Normalize the anxiety you are feeling.



Feeling anxious is a completely valid reaction to have in response to COVID-19. There is a lot of uncertainty right now, and as a result you might be worried about a variety of things – school, getting a job, loss of income, your family, etc. By validating and accepting that it's okay to be feeling this way right now, you can begin to accept your anxiety and put things into perspective.

Stick to a schedule.



Being home all day can make it easy to set up on the couch and push work away. Plan to work during the time you would normally be in class or at the library working. Get dressed, eat meals, and go to bed and get up at regular times, if possible mimic your "old, usual" schedule.

Get some exercise.



Exercise is not only good for our bodies, but our minds as well. Exercise releases endorphins that activate feelings of well-being. It may be more challenging now to get some exercise, but even a quick walk outside can help. Try not to be too hard on yourself if you aren't getting the same workouts you used to. Download a free workout app or watch YouTube videos for inspiration.

Remember everyone is responding to the pandemic in different ways.



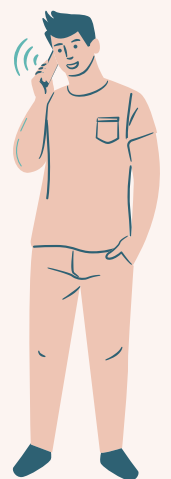
Some of your friends and family might be expressing more fear, some might only want to focus on how they can find positive aspects of the situation. Although we all show it differently, understand their reactions are coming from a place of fear and worry too.

Focus on basic self-care.

Get enough rest, eat healthily, and exercise. These are all basic pillars for wellness. When feeling anxious, ask yourself – Have I had enough sleep? Have I eaten today? Have I moved my body today?

Seek connection.

Social distancing doesn't mean you can't still talk to your friends/family. Schedule a video chat with your friends or call someone you haven't talked to in a while. Think particularly of people that live alone or have few contacts, they are particularly vulnerable to feelings of isolation right now.



Coping with anxiety during Covid-19

Set boundaries on news consumption.



This can look like setting a limit of only checking the news a certain number of times a day, or setting limits on watching news or declaring certain times of the day "news free zones" or even "screen free zones". This allows for our minds to have a break and focus on other things in our lives, such as studying or connecting with family.

Check out some interesting mental health and wellness resources online.

www.bigwhitewall.com
www.pixelthoughts.com
www.mindyourmind.ca



Reach out if you need support.



If your anxiety feels as if it's interfering with everything you do or you can't manage it, it might help to talk to someone who is trained to help you. There are some great resources that offer support 24/7.

Keep worry in perspective.

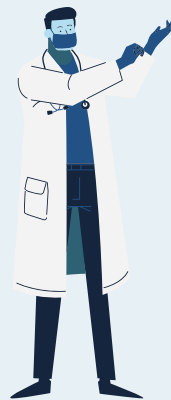
Catastrophizing is a result of anxiety. Anxiety will often cause us to think of the worst case scenario and think that it's going to happen to us. In these moments, remind yourself of a time that you have overcome adversity before. Use this as a reminder that you will be able to get through it.

Start a new project.



Use this time to pick up a new project that you've been meaning to do for a while. Whether it is reading that book that's been collecting dust on your shelf, learning a new language, or even starting a family tree where you can research and connect with family members about your history, appreciate the extra time you now have.

Seek information from credible news sources.



With practically every news source and website offering information about COVID-19, it's easy to get caught up in an overload of information. However, some of this information is not based entirely on facts and is not credible. Limit which news sources you trust. This can include checking sources such as the Public Health Agency of Canada or the World Health Organization.

24/7 Resources

Good 2 Talk: <https://good2talk.ca/>
1-866-925-5454 or text
GOOD2TALKON to 686868 to receive
support over text.

Reach Out: <https://reachout247.ca/>
519-433-2023 or 1-866-933-2023.