RESILIENCY DURING COVID-19

FIVE TIPS TO REMAIN CALM AND BALANCED

1. ACCEPT & CHANGE YOUR THOUGHTS
Considering the level of attention and seriousness being paid to the COVID-19 pandemic, it’s normal to feel anxious. Try not to avoid, ignore or suppress anxious thoughts. Instead, be aware of your anxiety and accept that you’re feeling anxious in this situation. Try to keep things in perspective; notice and challenge your thoughts that may be extreme or unhelpful.

2. SELF-CARE
Self-care is critically important at this time. Lean on social supports, try to get enough sleep, eat healthy, exercise and engage in enjoyable activities. Do the things you would typically do to support your health, and be sure to use caution and follow health and safety guidelines while doing them.

3. ONLY RELIABLE INFORMATION
Seek information from reliable news sources only. Limit checking in on the latest news to short, defined periods, and refrain from setting related push notifications on your device. Appropriate information consumption may be calming and can lessen the sense of danger.

4. FOCUS ON WHAT YOU CAN CONTROL
Take the recommended precautions as outlined by Health Canada and other credible health agencies. Remain focused on the factors within your control, such as washing hands, covering your mouth during coughs and sneezes, avoiding non-essential travel, etc.

5. REACH OUT FOR SUPPORT
If you’re noticing that your symptoms of anxiety (in association with COVID-19 or otherwise) are causing you significant distress or are interfering with your ability to function normally, reach out for formal mental health supports from a recognized agency, such as CMHA.

For the latest CMHA WW Service updates, please visit: [https://cmhaww.ca/news/](https://cmhaww.ca/news/)

Online Supports:
- BounceBack
- Big White Wall
- Connected Breath: Guided practice breathing

Articles and Blogs:
- WDGPH Taking Care of Your Mental Health During Social Distancing and Self-Isolation
- BBC CoronaVirus: How to Protect Your Mental Health

Tip Sheets:
- Talking to your Anxious Child about Covid-19
- Things you can do to manage anxiety
- Strategies for Safer Substance Use
- Grounding Activities: a list of things to do when feeling anxious, uneasy and overwhelmed.

Videos:
- A Three Step Approach to Managing Uncertainty