



Canadian Mental  
Health Association  
Waterloo Wellington

Association canadienne  
pour la santé mentale  
Waterloo Wellington

# 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/>

### 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](#)

### Videos:

[A Three Step Approach to Managing Uncertainty](#)

### 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.

