

Managing Anxiety During a Pandemic

IT'S OKAY TO FEEL ANXIOUS



Anxiety, anger, sadness and many other feelings are a normal response to a global pandemic. Everyone responds differently to different situations. Understanding that we cannot control the situation, is the first step to decrease unpleasant feelings.

STAY CONNECTED



The way we previously communicated with are loved ones has changed. Public health officials are encouraging social distancing and staying at home for the time being. Human connection is still an important factor, especially when going through uncertain times. An alternative to physical interaction can be phone calls, text messages, social media, FaceTime, & Skype.

KEEP A ROUTINE



To make time fly, add structure and meaning to your day by creating a routine/schedule. Ensure you eat in moderation, get enough rest, exercise, and get outdoors. Some ideas include, going for a walk, bike ride, reading or doing yoga outside, or even just going for a drive. Getting fresh air is important for our mental wellness. Use this time to improve your talents or to master new hobbies!

LIMIT YOUR NEWS INTAKE



Checking our phones or televisions for pandemic news updates is necessary for awareness. Although, we need to limit the amount of time we spend watching looking for updates. First, make sure your news information is coming from reliable sources, such as the World Health Organization (WHO), Public Health Agency Canada (PHAC), & local news channels. Fake news can increase anxiety and spread false information. Regarding routines, create a specific time when we expose ourselves to the news and social media.

SUPPORT LINES



Elmwood Community Resource Centre: 431-275-2290 (10 am- 6pm, M-F)

Crisis Services Canada national line: 1-833-456-4566 or text 45645

Mobile Crisis Service: 204-940-1781

Klinik Crisis Line: 1-888-322-3019