

CORONAVIRUS (COVID-19)

Coping During the Pandemic



The COVID-19 pandemic may have many of you feeling anxious, worried, or uncertain about the future. Anxiety is a normal part of coping with this sort of situation, and it is important to know that you are not alone. Compassion and self-care are important means of dealing with anxiety, and having access to accurate and reliable information can help you feel more at ease and in control.

Take Positive & Protective Actions



Practice good hygiene



Avoid crowds, do social distancing



Stay home (self-isolate) if you are sick

Self Care



Eat well, eat healthy



Get enough sleep



Exercise, stay active indoors



Make time for hobbies

Stay Connected

Social distancing doesn't mean total isolation. Be sure to stay connected with those you care about.



Reduce the time you spend browsing social media

Limit the amount of time you spend watching News on television



Reach out and help others if you can. Ask friends, family, or neighbours if they need groceries or supplies, or just check in on them.



Manage Your Anxiety



www.anxietycanada.com
online.bouncebackonline.ca

It's OK if You Need Help!



BC Mental Health Support Line:
310-6789 (no area code)