

# MENTAL HEALTH AND PSYCHOLOGICAL SUPPORT AND WELL BEING DURING THE PANDEMIC

## How to Manage Your Stress During the Coronavirus Pandemic



**Care, Love and support**

**Communication**

**Cooperation**

**Counselling**

# Managing Stress During COVID-19



Be kind and compassionate.



Remember, you are not alone. We're in this together.



Stay connected with each other.



Find your inner peace. Try mindful breathing.

[LVHN.org/COVID19](https://www.lvhn.org/COVID19)



## COVID-19 GOT YOU STRESSED?

Here's a couple strategies for combating stress and anxiety during the pandemic, provided by the Maxwell Mental Health Clinic

### FOCUS ON WHAT YOU CAN CONTROL

It might be helpful to use a sheet of paper and draw a line down the middle. In one column list "Things I Can't Control" and in the other column "Things I Can Control." You can't control how the virus spreads around you, but you can control your prevention measures.

### LIMIT EXPOSURE TO SOCIAL MEDIA & NEWS SOURCES

Constant reading/watching/listening about COVID-19 can exacerbate anxiety & stress.

Go to <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html> for additional guidance and strategies



# Coping with stress during the **COVID-19** outbreak



**It is normal** to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family.



**Be aware that not everything you hear about the virus may be true.**

Stay updated and use information from trusted sources, like your health authority, World Health Organization (WHO) or your local Red Cross or Red Crescent.



**Limit worry and agitation** by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.



**Draw on skills you have used in the past** that have helped you to manage previous adversities and use those skills to help you manage your emotions during this outbreak.



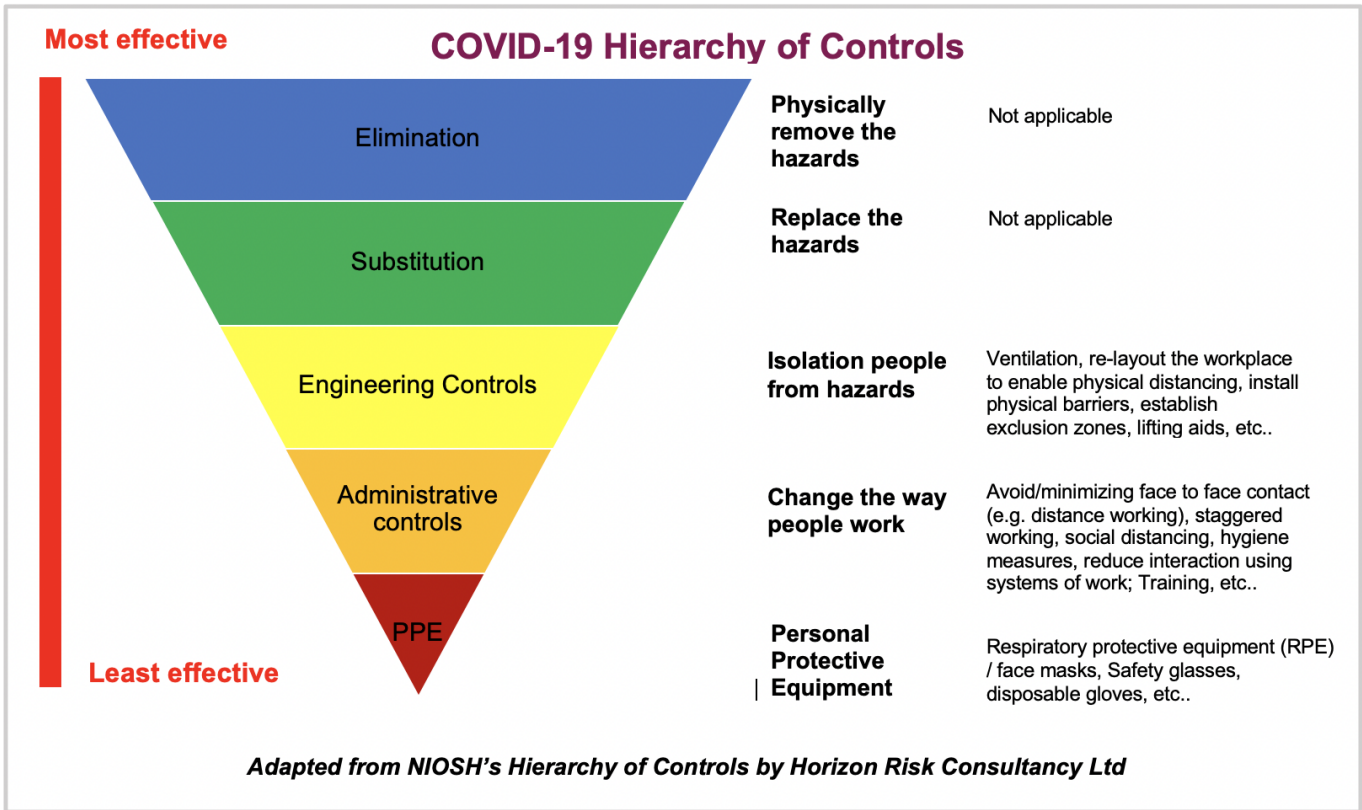
**If you must stay at home**, maintain a healthy lifestyle including proper diet, sleep, exercise and social contact with family and friends at home and remotely.



**Deal with any emotions you may have in a healthy manner.**

If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.





# WAYS TO REDUCE STRESS



For stress relief tools visit:  
<https://covid19.ca.gov/>

## BE PHYSICALLY ACTIVE

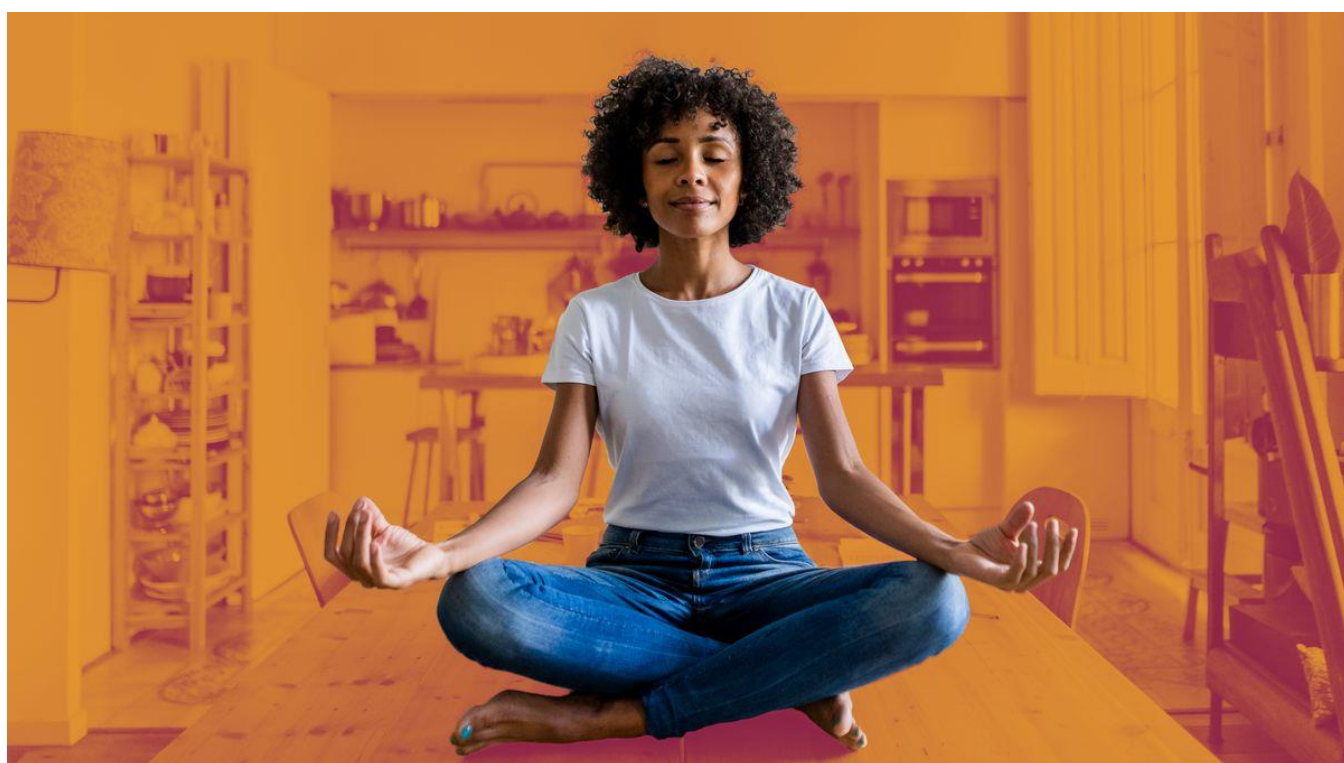


Cope with stress in a healthy way, like exercising.

Learn more about staying safe and healthy at

[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

## EXERCISE TO REDUCE STRESS



## MEDITATION HELPS

# COMMUNICATE WITH OTHERS

The stress and adversity during this time can increase the risk for depression.

If you are feeling sad, hopeless and having thoughts of harming yourself, talk to a mental health professional or someone you trust about your feelings. It will help.

#MentalHealth



#COVID19 #coronavirus





## LIGHT READING TO TAKE YOUR MIND OFF YOUR WORRIES



## BE CREATIVE



## **PAINTING AND MUSIC ARE STRESS BUSTERS**





# EAT HEALTHY AND BALANCED DIET



## BE CHEERFUL



**KEEP SMILING AND REDUCE STRESS  
TOGETHER WE WILL OVERCOME THIS PANDEMIC**

