

# Managing anxiety around COVID-19

The global COVID-19 pandemic affects us all. If you are feeling stressed or anxious, you are not alone. These are unprecedented times and it is normal to be concerned and have questions.

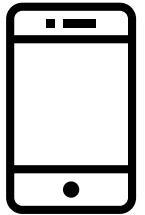
## MAINTAIN ROUTINE

Stick to your normal activities as much as possible: wake and sleep at usual times, maintain regular meal schedules and adapt where needed (e.g. doing YouTube fitness videos at home instead of going to the gym.)



## LIMIT YOUR MEDIA INTAKE

Schedule information exposure instead of having a constant stream of news coming at you all day. Get your facts from the right sources: BC Centre for Disease Control, Interior Health, Public Health Agency of Canada and the World Health Organization.



## KEEP CONNECTED

Socialize while social distancing. Phone calls, FaceTime, and Skype are all still great ways to connect. Find non-COVID-19 things to talk about to give yourself a mental break.

## GET SOME FRESH AIR

Go for a walk, a hike or a bike ride. It does the heart and mind good to get outside.



## TAKE ADVANTAGE OF DOWNTIME

Now is the time to clean out that closet or garage and tackle other to-do list items around your home/yard. Enjoy some quiet time, read a book, and catch up on movies.



## KEEP PERSPECTIVE

Focus on your part in fighting the spread (e.g. proper hand washing, coughing and sneezing into your elbow, staying home when you are not well and practicing social distancing) and trust that the public health and government officials are working on their parts.



## ASK FOR HELP

If you are struggling, confidential help phones are available 24/7.

- KUU-US (Nuu-chah-nulth) Indigenous Line: 1-800-558-8717
- Interior BC Crisis Line: 1-888-353-2273
- Provincial Crisis Line: 1-800-SUICIDE (784-2433)
- BC Mental Health Support Line: 310-6789



Adapted with permission from Fraser Health  
[www.interiorhealth.ca](http://www.interiorhealth.ca)