

# Coping with COVID-19



For many of us, COVID-19 is creating an uncertain future. People worry about their own health, the health of their loved ones, school, work, or finances. This is an anxious and stressful time for everyone. It's okay to take time for your mental health – good mental health and positive wellbeing can help you better cope during this time.

## Take Action



Being proactive can help you take back control and reduce anxiety. Look to trusted organizations and agencies like the **Nova Scotia Government**, **Health Canada** and **World Health Organization** for information about how to reduce your risk of getting sick or passing the illness on to others.

## Take Care of Yourself



Eat as well as possible.



Exercise regularly.



Make time for hobbies.



Get enough sleep.

## Stay Connected with Family and Friends



Isolating yourself from others can affect your mood. Find ways to connect with people you care about in other ways - you can still reach out by phone, text, or video call.

## Help Others if You Can



Ask friends, family members, or neighbours if they need anything, such as groceries or other household needs. Simply checking in regularly by phone, text, or video call can make a big difference.

## Explore Self-Management Strategies

Explore self-management strategies like mindfulness, yoga, meditation, art, or relaxation techniques to manage anxious thoughts.

You can find self-management strategies for anxiety from Anxiety Canada and Kids Help Phone.



Kids Help Phone 

## Cut Back on Social Media and the News

Constantly checking for updates or reading sensationalized stories can really take a toll on your mental health. Try to avoid excessive exposure and limit yourself if social media or news stories increase your anxiety. If you need to limit conversations, it's okay to tell family, friends, and co-workers that you can't participate.

## Have a Plan

It's hard to predict exactly what will happen next, but preparing for situations like self-isolation can help reduce some uncertainty about the future.

People with preexisting mental health conditions and/or substance use disorders should continue with their treatment as much as possible and be aware of new or worsening symptoms.

**The Mental Health Provincial** Crisis Line is available **24 hours a day, 7 days a week** to anyone experiencing a mental health or addictions crisis or someone concerned about them, by calling **1-888-429-8167** (toll free).