

Coping with Stress and COVID-19

- ⇒ The ongoing pandemic is a source of stress and anxiety for many people around the world.
- ⇒ Fear of acquiring a new disease, social distancing, decreased community interaction, job loss, and financial insecurity can lead to **stress, anxiety** and **feeling down**.
- ⇒ Different people react differently to stressful situations, but it is important to **know the signs!**

What does STRESS look like?

- Excessive fear or worry
- Changes in sleeping and eating habits
- Difficulty concentrating
- Worsening of chronic health problems
- Worsening of mental health conditions
- Increased use of tobacco, alcohol, or other substances

How to deal with stress in a healthy way?

1. Pay attention to both your emotional health and your physical health. Continue eating healthy, exercising regularly and getting plenty of restful sleep.
2. Remember to take breaks from watching, listening and reading stories related to COVID-19.
3. Make time for activities you enjoy!
4. Connect with people you trust and share your feeling



Key Messages

- ▶ Continue your treatment if you have a pre-existing medical condition.
- ▶ Do not hesitate to seek help if you think you have some of the signs or symptoms of stress.
- ▶ Feeling distressed? Call **1199** or **719** for counseling and psychological support.

If you answer **"YES"** to one or more of the following questions, you may have a stronger response to stress during COVID-19.

- Are you at risk of severe illness related to COVID-19?
- Are you younger than 21-years-old?
- Are you caring for a friend or family member that is sick?
- Are you one of the frontline health care workers?
- Do you have a pre-existing mental health condition such as depression or anxiety?
- Have you experienced significant job loss or money problems as a result of COVID-19?
- Have you experienced a language barrier when trying to understand COVID-19 information?