

MENTAL HEALTH DURING COVID TIMES



How you respond to stress during the COVID-19 pandemic can depend on your background, your social support from family or friends, your financial situation, your health and emotional background, the community you live in, and many other factors. The changes that can happen because of the COVID-19 pandemic and the ways we try to contain the spread of the virus can affect anyone.

Here are some tips on how we can cope with stress during Covid-19

- **Know what to do if you are sick and are concerned about COVID-19.** Contact a health professional before you start any self-treatment for COVID-19.
- **Know where and how to get treatment** and other support services and resources, including counselling or therapy.

- **Take care of your emotional health.** Taking care of your mental health will help you think clearly and react to the urgent needs to protect yourself and your family.
- **Take breaks from watching, reading, or listening to news stories,** including those on social media. Hearing about the pandemic repeatedly can be upsetting.
- **Take care of your body.**
 - o Take deep breaths, stretch
 - o Try to eat healthy well-balanced meals
 - o Exercise Regularly
 - o Get plenty of sleep
 - o Avoid excessive alcohol and drug abuse
- **Make time to unwind.** Try to do some other activities you enjoy.
- **Connect with others.** Talk with people you trust about your concerns and how you are feeling.
- **Connect with your community- or faith-based organizations.** While social distancing measures are in place, consider connecting online, through social media, or by phone or mail.



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