

# MANAGING ANXIETY AND STRESS DURING COVID-19

**SELF-CARE** is important. It's normal to experience anxiety or stress during the outbreak of COVID-19. Everyone responds differently during stressful situations. We can reduce stress and anxiety by sharing facts. This can help reduce worry and make the outbreak less overwhelming.

**SOMETIMES** it can be challenging to know what steps we should take to reduce our anxiety. Here are some techniques for you and your loved one to help manage and cope with stress:



## BREATHING TECHNIQUES

**Deep breathing:** Take a deep breath, letting your abdomen expand fully. Hold it for 3 seconds. Let your breathe out all at once. As you exhale, relax your jaw and shoulders.

**Tension release:** Tense your muscles, one area at a time. Take a deep breath and hold it as your curl your toes for about 5 seconds. Let your breath go all at once. Next clench your calves, thighs, buttocks, arms, shoulders, jaws and finally squeeze your eyelids.



## SPENDING TIME ON THE LAND

Going outside, going to nature and spending time at your cabin can help support your mental wellbeing.



## MINDFUL ACTIVITIES

Activities focusing your attention on the present moment. Sewing, beading and cooking are all good ways to reduce anxiety.



## TALKING TO FRIENDS AND RELATIVES (ON THE PHONE OR ONLINE)

Connecting with loved ones is key to maintaining healthy relationships and balance. Social distancing does not mean isolation.



## LIMITING TIME ON SOCIAL MEDIA

Although it is important to stay informed and aware of the latest recommendations, limiting time on Facebook, Instagram and Twitter can help to minimize feelings of anxiety and stress.