

Stress & Anxiety Management During COVID-19

During this time of growing concern about COVID-19, it is hard not to worry about what it all means for yourself, and for those you love. The following information aims to help provide a guide to help you manage your stress and anxiety during these uncertain times.

It's natural to struggle when times are uncertain, so remember to offer care and compassion to yourself, and to those around you.

TIPS & TOOLS

- Routine.** Routine allows for predictability, which can be supportive for those with anxiety. Consider creating an individual daily schedule which includes maintaining regular times for waking up, going to bed, meals, and getting ready. Include activities that keep you mentally and physically active and bring joy.
- Strategic News Exposure.** As the global health situation develops it can feel like we need to constantly check for updates. However, you might notice this also triggers your worry and anxiety. Try to limit the time that you are exposed to worry triggers each day (i.e. only listen to the news at a specific time each day, limit social media use).
- Hiking in Nature.** Contact with nature and physical exercise have both been thoroughly demonstrated to reduce stress and anxiety and improve mood. This is a great time to combine them, when social distancing has become so important!
- 5-Minute Journal.** Not sure what to write about? Use the following prompts: 3 things I am grateful for; 3 things that would make today great; 3 positive affirmations of 'I am ____'; 3 good things that happened today.
- Deep Breathing.** Keep your shoulders down and breathe into your belly (not your chest). Put your hands on your belly and inflate it like a balloon. This may feel unnatural at first, but it gets easier with practice. Breathe in through your nose if you can (count of 3-4), and out through your mouth (count of 4-5). Your "out" breath should be longer than your "in" breath if possible.
- Grounding Exercise.** Engage your 5 senses to connect yourself with the present moment. In your head, list: 5 things you can SEE, 4 things you can FEEL, 3 things you can HEAR, 2 things you can SMELL, 1 thing you can TASTE



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Head office: 400 Queen St. South, Kitchener 519-743-6333 www.carizon.ca

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ONLINE SUPPORTS

- **Woebot** <https://woebot.io/> - Free artificial intelligence Cognitive Behavioural Therapy (CBT) based app. Use sign-up code: "ONTARIO".
- **'Calm' App** - Free guided meditation and breathing tutorials.
- **Anxiety Canada** <https://www.anxietycanada.com/> - Expert tools and resources to help Canadians manage anxiety.
- **Insight Timer** <https://insighttimer.com/> - Free app with hundreds of guided meditations, soothing sounds and a meditation timer.
- **Palouse Mindfulness** <https://palousemindfulness.com/> - A free online course on Mindfulness Based Stress Reduction, including guided meditations, videos, readings and activities.
- **Psychology Tools** [Guide to Living with Worry and Anxiety Amongst Global Uncertainty](#)
- **The Anxiety Guru Podcast** <https://www.anxietyguru.net/>
- **'Headspace' App** <https://www.headspace.com/covid-19> - Free guided meditations, sleep, and movement exercises

*"You can't stop the waves, but you can learn to surf."
- Jon Kabat-Zinn*

Adapted from: Living with worry and anxiety amidst global uncertainty (2020). Psychology Tools.
Retrieved from: <https://www.psychologytools.com/resource/living-with-worry-and-anxiety-amidst-global->



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