

BE KIND TO YOURSELF – TIPS FOR COPING WITH STRESS DURING COVID-19

Covid-19 has had an impact on most people as they face the uncertainty of both their own and their family's health and safety. Many people feel overwhelmed, anxious, and fearful of what the future may hold. It is important to recognize signs of stress and develop strategies to help cope during these uncertain times.

Stay Connected

Reach out to family and friends.
Talk about your physical and emotional reactions to the pandemic with someone close to you.
Share something fun or positive from your day.



Exercise

Find an activity that fits with your lifestyle.
Get outside and enjoy some fresh air and warm sunshine.
Take your pet for a walk.
Practice taking deep, cleansing breaths.



Build Resilience

Limit your exposure to media coverage on the pandemic.
Take a break from social media.
Recognize what is in your control and what is beyond your control.
Take time to rest and maintain good sleep habits.
Make healthy food choices.



Make Time for Fun

Engage in your favourite hobby.
Organize/clean out/purge.
Try an activity you have never tried before.
Sign up for an online course.
Cook a new recipe together.
Play board games with your family.



Give Back

Share your skills.
Offer support to others.
Volunteer.
Set achievable goals.
Celebrate your progress.



Be Kind to Yourself – It is OK not to be OK

Practice self-care, taking time out for yourself

Take a moment every day to block out distractions - unplug

Plan something positive every day

Check-in with yourself each day – pay attention to your feelings and reactions

Don't judge or blame yourself

Be patient

CDAA: Advocating for you!