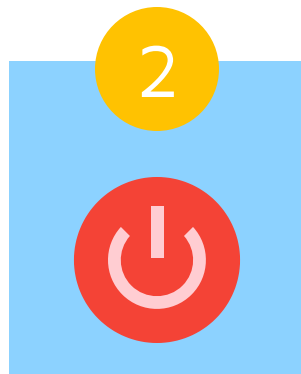


COVID-19 Pandemic:

Tips for coping with uncertainty in the midst of a pandemic



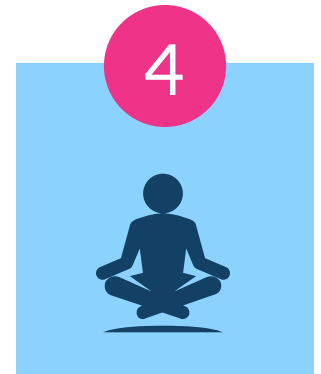
Get accurate and up-to-date information to reduce anxiety. Refer to the latest updates from **RELIABLE SOURCES**, e.g. CFAS, SOGC, and ASRM.



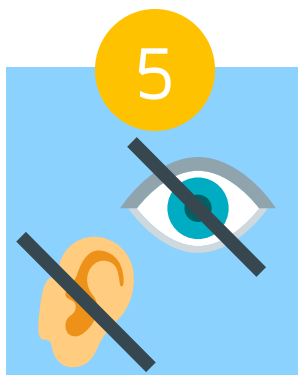
Set social media scrolling or news reading on a time limit. Turn off tech devices/TV, at least an hour before bed. Limit your news/media viewing to certain times of the day when you are least likely to feel triggered.



Take frequent breaks to move your body with a breath, stretching, or a walk outside (within a safe distance of others).



Mindfulness can be helpful in reducing anxiety and tension and improving sleep. Try out an app or video for a guided meditation, yoga, or visualization. Focus on the present moment/slow down the breath.



Distract yourself. Take time out of each day to focus on topics that are not related to COVID-19. Giving yourself even a ½ hour in the day to focus on anything but these big topics can leave you feeling lighter.



Listen to what you say to yourself. Remind yourself with your self talk: 'Things are not going as I had expected, but it doesn't mean they won't work out in the end'.



Connect with others virtually while social distancing. Call or video chat with a friend. If necessary, seek online or telephone support or counselling.



Support others. Your children may have questions. It is natural to want to protect them, but being honest without over-elaborating is the recommendation.