

# TIPS FOR COPING WITH STRESS AND ANXIETY DURING THE COVID-19 OUTBREAK



Stay connected with family and friends through phone and email, and communicate your concerns and feelings with supportive people. This will bring a sense of comfort and stability and help you deal with the challenges presented by COVID-19



Pay close attention to all aspects of your health: mind, body and spirit. Eat balanced meals and drink plenty of water. Make rest and relaxation a priority. Stay physically active, take deep breaths, stretch or meditate. Avoid using smoking, alcohol or other drugs to deal with your emotions.



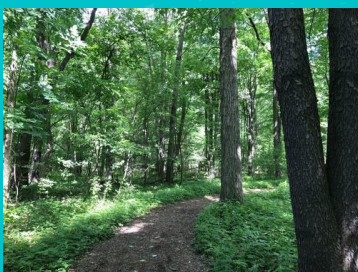
Constant monitoring of news and social media feeds can intensify worry and distress, so set limits on how much time you spend reading or watching news about COVID-19. Take time away from your phone, computer and television to focus on things that are going well and that you can control, such as your family and your home.



Draw on what you are good at and skills you have used in the past to overcome life's challenges, and use those skills and other activities you enjoy to help manage your emotions during the challenging time of COVID-19.



Find people (e.g., Community Health Nurse) and resources you can depend on for up-to-date and reliable information about COVID-19. Learn from these sources about the actual risk to yourself and people you care about, and how you can protect yourself and your family.



Land based activities include medicine walks (which can be done this time of year [Cedar, Tamarack bark, Labrador Tea]), fishing, tracking, harvesting, open fire cooking, shelter building, solo survival, daily reflection, ceremonies, elder talks, traditional land-based practices, storytelling, sharing circles, and drumming and dancing.