

10 tips for coping with anxiety during COVID-19

- 1. Limit news and media exposure:** Know when to take a break from COVID-19 news by paying attention to your mood. Try only watching the morning news with your family or limiting the time you spend on social media reading COVID-19 articles. Make sure the information you are viewing is from a reliable source for example, Health Canada.
- 2. Connect with family and friends:** Make a phone call or try a video chat! These feel more personal than texting or messenger. Some video chat platforms even allow you to play trivia games with your friends! Create a virtual birthday party for your loved one so they don't miss out on celebrating! Maybe even make it a fun theme such as, beach attire.
- 3. Get outside!** It's important to take breaks from electronics and enjoy some fresh air! Even try doing some of your schoolwork outside in the yard. Explore your neighborhood by trying different walks, slowing down, and appreciating the environment you live in!
- 4. Exercise:** Try something new! There are lots of ways to get moving: yoga, Zumba, kickboxing, gymnastics etc. Lots of gyms are offering free online classes.
- 5. Mindfulness:** There are many ways to slow down and be mindful! Try engaging all of your 5 senses and truly be in the moment when you are doing an activity. For example, while eating slow down and savor each bite and texture of what you are eating, how does it smell, what does it remind you of. There are lots of free apps with mindful meditations as well! (Insight Timer, Mindshift, Headspace etc.)
- 6. Self-care:** Do what makes you feel good! Some ideas: a hot bath, make some tea, light a candle, watch a funny video, lay on the grass while watching the clouds pass, watch the sunset, paint your nails.
- 7. Journaling:** Write about how you are feeling, what you are grateful for, happy memories, what you love about yourself, your dreams for when you are older. Your journal at this time is a piece of history!
- 8. Stay busy!** Make a list of some things that you want to accomplish: cleaning/rearranging your room, donating old clothes, downloading some new songs, baking, painting, drawing, scrapbooking, taking pictures, playing board games.
- 9. Establish a routine:** Adjusting to school from home might be difficult at first but try to keep your schedule similar to the usual school day. Allow yourself breaks to get outside for recess and lunch. Make sure to get enough sleep and wake up around the same time that you would for school.
- 10. Talk about it!** Don't be afraid to ask your family and friends for help. Talking through your worries will make you feel much better and help you take control of your thoughts. Often, we need to talk through things to see the whole picture and keep our thoughts realistic. It's normal to feel some anxiety at this time and expressing your concerns can help to come up with solutions. If you are not ready to speak to your personal connections there are professionals to help you such as Kids Help Phone (text "CONNECT" to 686868).

