



## MANAGING ANXIETY ABOUT CORONAVIRUS (COVID-19)

The COVID-19 pandemic is disrupting normal life for many people all at once. While it is important to be informed and take action to limit the spread of infection, the amount of information and attention on this topic can increase your stress and anxiety. Here are some ideas about how to manage stress and anxiety:

1. **Find information you can trust.** Some examples are:

[Toronto Public Health](#)

[Public Health Ontario](#)

[Public Health Canada](#)

[World Health Organization](#)

2. **Limit social media and the news.** Decide on when and how much you will look for information each day. For example, five to ten minutes each morning.
3. **Practice self-compassion.** Remind yourself that it is normal to have more difficult feelings than usual and that you are not alone.
4. **Use strategies and resources** that have helped you cope during difficult times in the past. You can use many of same skills now.
5. **Recognize when your thoughts begin to be unhelpful or extreme**, which can make you feel more worried. Consider whether your thoughts match the facts of the situation.
6. **Take breaks to do things you enjoy** like cooking, reading, walking, listening to music.
7. **Exercise, eat healthy food, and sleep** to keep your immune system strong.
8. **Find ways to connect with others** while social distancing or isolating. Choose people who are positive influence when you are feeling stressed.





## RESOURCES FOR MANAGING ANXIETY ABOUT CORONAVIRUS (COVID-19)

### Web Articles

[Mental health and COVID-19 pandemic](#) - CAMH

[Coronavirus sanity guide](#)

[12 Expert-approved ways to manage coronavirus anxiety](#)

### Phone and Text

#### **Toronto Distress Centre**

416-408-4357 or text 45645

#### **Kids Help Phone**

1-800-668-6868 or text 686868

