

Tip sheet

Managing stress and anxiety related to COVID-19

In these unprecedented times, it is understandable to feel worried, anxious and overwhelmed by the constant media coverage and rapid development on the spread of the virus.

On top of staying informed, here are some tips to continue to look after ourselves and others during this emotionally demanding period:

Try to maintain perspective	<ul style="list-style-type: none">• When we are feeling anxious or stressed, it is normal to lose perspective.• It's important to reframe our thoughts to keep a positive frame of mind. Channel your anxious energy into action. For example, "I can take reasonable precautions to manage my risk".
Learn the facts and limit news	<ul style="list-style-type: none">• Constant news on the development of coronavirus can keep us in a heightened state of anxiety.• Limit unhelpful media exposure and seek information at specific times during the day.• Seek out factual information from reputable sources such as the World Health Organisation.
Managing your mental health whilst in self-isolation	<ul style="list-style-type: none">• Remind yourself that this is temporary to slow the spread of the virus and is important in helping others in the community.• Stay connected with friends, family and colleagues via email, social media, video conferencing or telephone.• Engage in healthy activities that you enjoy and find relaxing.• Keep regular sleep routines and eat healthy foods.• Try to maintain physical activity.• Establish routines as best possible and try to view this period as a new experience.• Be kind to one another.

	<ul style="list-style-type: none">• Understand that we all have personal stressors and deal with challenges in our own way. It is important that we strengthen our sense of community and support each other.
Here are some ways to maintain social connectedness.	<ul style="list-style-type: none">• Gratitude share: post a message or send a text to someone else to share something they are grateful for.• Set daily challenges with a friend or a group. For example, a creative pursuit, a mindful practice or a trivia. Be creative!• Set dates and times to watch the same TV shows/movies with someone and message each other your thoughts along the way.• If your local community has one, join its social media group! This will keep you up to date with what's going on directly around you. It may also include ways you can perhaps reach out and connect with someone less fortunate than you and ways to assist them.
Seek support	<ul style="list-style-type: none">• Seek support if you feel like your feelings are interfering with your ability to work, relationships or ability to manage day-to-day tasks.• Activate your support network – think about how you have gotten through difficulties in the past and put the same mechanisms in place.• Acknowledge feelings of distress.• Seek professional help.