

COVID-19

TIPS TO MANAGE ANXIETY



Canadian
Cancer
Society

Healthy
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Stay connected

While everyone needs to stay at home, it is important to keep in touch with friends and family. Give them a call, try a video call or use social media to stay in touch.



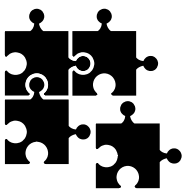
Talk about your worries

It's normal to feel scared or anxious during these uncertain times. Talking about these feelings with friends or family will help ease your feelings of stress and anxiety. Also, organizations like the [Canadian Mental Health Association](#) have excellent, free online resources.



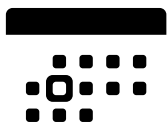
Look after your body

Our physical health has a big impact on our mental wellbeing. As such it is important to maintain our physical health by having a healthy diet, drinking enough water, and being physically active. Check our [Healthy @ Home resources](#) for tips and suggestions!



Do things you enjoy

Feeling anxious might stop you from doing things you enjoy. Try to relax and focus on things you like to do, or adapt your previous activities to ones that can be done given the current situation.



Focus on the present

Worrying about the future might make you upset. Try to focus on the present and take things one day at a time.



It's okay to do nothing

Don't feel pressured to utilize this time the same way others are. No one understands what you need more than you. Sometimes the best thing you can do for yourself is to just take a break.

Click [here](#) for the latest updates from the government