Managing Anxiety and Panic During COVID-19

During these uncertain times, it is normal to experience worry, nervousness, and fear. Follow the tips below to help manage the challenging symptoms of anxiety and panic.

- **Watch and listen to the news/media less.** Follow only a few trusted sources. Consider turning off notifications and alerts.

- **Focus your energy on things you can control.** For example, remember to wash your hands and to practice physical distancing.

- **Plan ahead.** Write down what you are worried about. Think in advance of how you can plan, prepare, and cope.

- **Practice relaxation exercises.** Try practicing self-talk, mindfulness, and breathing exercises.

- **Do what you love.** Make time for activities you enjoy and stay connected to loved ones.

- **Help others.** When possible, look for ways to give. For example, call or send a letter or email to an isolated friend. Volunteer your time.

- **Be kind to yourself.** Make peace with uncertainty and try to accept what is beyond your control. Remind yourself that it is okay to feel the way you do. We are all in this together!

Sources: Anxiety Canada (link), The Globe and Mail (link)

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