



Taking Care During Difficult Times



Managing Stress During the Pandemic

It's normal to have feelings of uncertainty & anxiety.

Avoid Information Overload

- Limit your intake of information & choose sources that are credible ([Public Health Agency of Canada](#), [Government of Newfoundland and Labrador](#)).
- Limit your conversations about the pandemic in your household.
- Limit conversations with children to the facts and how your family will seek support if needed.
- If you find the topic upsetting, set personal boundaries in conversations.

Make Relaxation a Priority

- Do activities you enjoy & spend time with family (e.g. music, books, movies).
- Try relaxation techniques (e.g. deep breathing, mindfulness).

Eat a Variety of Healthy Foods Each Day

- Use Canada's Food Guide when planning meals & snacks.
- Make water your drink of choice.
- Choose foods with less sodium, sugars and saturated fat.

Stay in Touch with Family/Friends

- Use technology to stay socially connected even when you cannot be physically connected.

Exercise Regularly

- Take part in physical activity daily.
- Choose activities you enjoy.
- If indoors for long periods of time, try playing indoor physical games like dance parties, musical chairs, & interactive video games.
- Interrupt long periods of sitting or reclining with activity (e.g. stretch, climb stairs, chores).

Get Enough Sleep

- Establish a bedtime routine and stick to it, even if the normal daily events have changed.
- Stay away from caffeinated drinks & large meals in the evenings.
- Engage in relaxing activities 1-hr before bedtime.

Keep a Sense of Humour

- Watch funny movies, tell jokes, play games.

Supporting Others

- Ask if it's okay to talk about the pandemic.
- Check in with people daily.
- Help neighbours or family members with special needs.
- Offer to listen if you notice someone is having a difficult time.
- Encourage friends in isolation to connect with supports (e.g. family, neighbours, coworkers, clergy)

Supporting Children

Changes in behaviour may be a sign that your child is having a hard time coping during the pandemic.



Helping children cope with feelings & behaviours:

- Acknowledge children's fears.
- Provide reassurance. Tell them lots of people are working hard to keep them safe.
- Maintain daily routines – children & teens thrive on structure (e.g. bedtime, meals).
- Be calm & model confidence. Children learn to cope by watching how their parents or caregivers cope in times of stress.
- Provide information your child can understand & limit exposure to news stories & images.
- Reinforce things children can do to protect themselves (e.g., wash hands, cough into sleeve).
- Help your child stay socially connected.

You are not alone. We're here to help.

If you have concerns about your mental health, please refer to the following resources:

- CHANNAL Warm Line [1-888-753-2560](tel:1-888-753-2560) 9 a.m. – 12 midnight
- Mental Health & Addictions Systems Navigator [1-877-999-7589](tel:1-877-999-7589) 9 a.m. – 5 p.m. weekdays
- Health Line [811](tel:811) 24 hours; 7 days/week
- Bridge the gapp website www.bridgethegapp.ca

Check out the new [e-mental health](#) options from the comfort of your home.

If you or someone you know requires emergency or crisis support, please call 911 or

- Provincial Mental Health Crisis Line [1-888-737-4668](tel:1-888-737-4668) 24 hours; 7 days/week
- Crisis Text Line [Text 'Talk' to 686868](text:686868) 24 hours; 7 days/week
- Kids Help Phone [1-800-668-6868](tel:1-800-668-6868)

For more information on COVID-19 (Coronavirus), visit www.gov.nl.ca/covid-19.