



Demonstrating resilience during the pandemic (COVID-19)

It's no surprise that a situation such as the one we're going through brings its share of worries and is likely to increase anxiety. In such circumstances, it's crucial to take care of your mental health. Isolation, financial pressures and concerns about your loved ones (friends and family) living elsewhere in Canada or abroad are all sources of stress.

Everyone reacts to stress in their own way, based on their personal experiences and ability to adapt.

Below are a few tips to help you take care of your mental health. No pressure! These are just suggestions. Our goal is to encourage you to do things that are beneficial to your well-being.

Take care of your body:



- To the extent possible, eat balanced meals on a regular basis.
- Limit your caffeine and alcohol intake.
- Get 7 to 9 hours of sleep per night.
- Move around, both indoors and outdoors. You need to have fun!

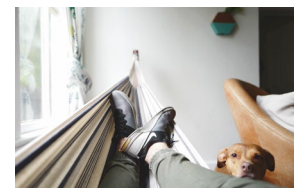
Keep in touch with loved ones:



- Be imaginative and find opportunities for telephone or video chats.
- Go for walks with a friend, making sure to keep 2 metres between you.

Live in the here and now. Take breaks and think about what you can do to help reduce your anxiety.

Focus on things within your control (e.g., what you're doing in the moment) and let go of aspects beyond your control (e.g., the length of the pandemic).





Make the most of your time at home by tackling projects you've been putting off for a long time or by simply doing things you enjoy and find relaxing.

Limit your daily exposure (length and frequency) to media (newspapers, television, etc.) coverage of the COVID-19 pandemic.

Choose a time to think about the little things that make you happy and for which you are grateful.

Get out and enjoy your natural surroundings, every day if possible, while making sure to social distance from other people you encounter.

Stimulate your cognitive functions by forcing yourself to learn new things, as simple as they may be (e.g., trying out a new recipe).



Meditate, relax, or practise yoga or mindfulness to calm your nervous system.

Encourage social support, be attentive to others' needs and think about actions you can take to help solve problems.

Understand the mechanisms of anxiety and what sets them off to be better prepared and have more control over scenarios that you create for yourself, as well as over your reactions and emotions.

Learn to recognize your emotions during this difficult time and to name them so as to reduce your anxiety and help you stay healthy despite the circumstances.

Be patient and compassionate with yourself. It's normal to be affected by the situation, and your reactions can prevent you from being your best self.



Know when to ask for help from your loved ones when your anxiety becomes difficult to manage or during tougher times.

If you need the support of a mental health professional, contact:

- Yukon Mental Wellness and Substance Use Services: **867-456-3838**
- TAO Tel-Aide: **1-800-567-9699**
- Canadian Mental Health Association: **867-668-6429**