

TAKING CARE OF YOURSELF

Anxiety and COVID-19

by Interligne

Under the current circumstances, it may be natural to experience difficult emotions such as stress, panic or anxiety.



Here are a few tips that we hope will help you reduce anxiety related to coronavirus.

SPEAK UP AND VENT

- Taking the time to **talk about our emotions**.
- Contacting relatives, colleagues ...
- Contacting helplines, such as **Interligne**.

STAY IN THE "HERE AND NOW"

- **Focusing** on what we can do now.
- **Improving** our current situation.
- Not projecting yourself into a hypothetical future.
- **Identifying the good** in your current situation.

RECOGNIZE YOUR POWER OVER THE SITUATION

- **Becoming aware** of the things which we have **power** over.
- Becoming aware of the things that are beyond our control.
- **Acting on the things that we can control**.

STICK TO THE FACTS

- **Avoid drowning** in the current of circulating information.
- **Identifying and sticking to reliable sources of information**.
- **Avoid reading and sharing fake**, false, exaggerated or misleading information.
- **Limiting our time dedicated to the consumption of information**.

USE STRATEGIES THAT WORK FOR YOU

- **Asking yourself :**
"What strategies have worked for me in the past?"
- **Promoting techniques** that you have already mastered.
- **Focusing on strategies that give us control**.

MAINTAIN A HEALTHY LIFESTYLE



Establishing a **routine**.



Healthy eating habits.



Exercising regularly.



Managing emotions.



Avoiding drug and alcohol use.



Choosing activities that help you feel good.