

MANAGING ANXIETY AROUND COVID-19



MAINTAIN ROUTINE

Stick to your normal activities as much as possible: wake and sleep at usual times, maintain regular meal schedules and adapt where needed (e.g. doing YouTube fitness videos at home instead of going to the gym).

LIMIT YOUR MEDIA INTAKE

Schedule your information exposure instead of having a constant stream of news coming at you all day. Get your facts from the right sources: BC Centre for Disease Control, Fraser Health, Public Health Agency of Canada and the World Health Organization.



KEEP CONNECTED

Socialize while social distancing. Phone calls, FaceTime, and Skype are all still great ways to connect. Find non-COVID-19 things to talk about to give yourself a mental break. The 24/7 Fraser Health Crisis Line is also here for you if you're feeling anxious and need to talk: (604) 951-8855 or toll free 1 (877) 820-7444.

GET SOME FRESH AIR

Go for a walk, a hike or a bike ride. It does the heart and mind good to get outside.



TAKE ADVANTAGE OF DOWNTIME

Now is the time to clean out that closet, junk drawer, corner of the garage and tackle other to-do list items around your home/yard. Enjoy some quiet time, read a book and catch-up on movies.

KEEP PERSPECTIVE

Focus on your part for fighting the spread (e.g. proper hand washing, coughing and sneezing into your elbow, staying home when you're not well and practicing social distancing) and trust that the public health and government officials are working hard on their parts.



NON-MEDICAL COVID-19 QUESTIONS?
CALL 1 (888) COVID19 OR TEXT (604) 630-0300

MORE INFORMATION AND RESOURCES AT
WWW.FRASERHEALTH.CA/CORONAVIRUS