

# 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 & 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; reduce sugars & 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 & 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:

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| ○ CHANNAL Warm Line                            | 1-888-753-2560   | 9 am - 12 midnight     |
| ○ Mental Health & Addictions Systems Navigator | 1-877-999-7589   | 9 am - 5 pm weekdays   |
| ○ Health Line                                  | 811  | 24 hours - 7 days/week |
| ○ Bridge the gapp Website                      | <a href="http://www.bridgethegapp.ca">www.bridgethegapp.ca</a> |                        |

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

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| ○ Provincial Mental Health Crisis Line | 1-888-737-4668        | 24 hours - 7 days/week |
| ○ Crisis Text Line                     | Text 'Talk' to 686868 | 24 hours - 7 days/week |
| ○ Kids Help Phone                      | 1-800-668-6868        |                        |

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