

PSYCHOLOGICAL COPING DURING A PANDEMIC

Novel and unfamiliar threats provoke anxiety and even unrealistic fears and racism. Social distancing, effective communication, and public health measures are realistic lines of defense. You can also take steps to manage your own stress.

1 LIMIT MEDIA CONSUMPTION

to just enough to stay informed. Take time for yourself, or spend time with friends and family doing things you enjoy.



2 AVOID DISCUSSIONS ABOUT THE EVENT

if they have the potential to escalate to conflict. Be cognizant of the frequency with which you're discussing the news.



3 REMEMBER THAT LIFE WILL GO ON

People have always survived difficult life circumstances. Avoid catastrophizing & maintain a balanced perspective.

4 BUILD YOUR RESILIENCE

We can learn to adapt well to stress – how have you coped with stressors before? Add resilience tools to your tool bag to manage life's adversities.



5 KEEP CONNECTED

Maintain your social networks where possible (even via social media and telephone).

6 KEEP THINGS IN PERSPECTIVE

Our government needs to prepare for possible worst-case scenarios to protect us. We, however, do not need to expect the worst.



7 HAVE A PLAN

How would you respond if you or a loved one were diagnosed with COVID-19? Developing contingency plans can lessen your anxiety.



8 WHEN TO SEEK PROFESSIONAL HELP

Contact a psychologist if you feel nervousness or sadness adversely affecting you, or if you are struggling with daily activities.