

Reducing Stress, Fear, Worry and Anxiety Amid COVID-19

Tips for Employees

It's no surprise that many of us are dealing with mounting anxiety as uncertainty grows about what comes next and how the pandemic will affect our lives. Many experts acknowledge that the fear and anxiety around this pandemic can feel overwhelming, so it's more important than ever, and even more so as a support worker providing care to people, to practice self-care.

Turn Off the News

Control your media consumption and encourage the people you support to do this as well. Minimizing the news to one or two check-in sessions per day and just staying in touch with the facts as you need to from trusted sources can help reduce overall stress and anxiety levels during this uncertain time.

Don't immerse yourself in social media. Not only is it difficult to separate the facts from fiction, it's overwhelming to consume so many COVID-19 stories, alerts and posts in a short period of time, and it's very easy to spend much more time than you intended, endlessly scrolling. Restricting screen time (this goes for kids stuck at home, too) can be key to helping you maintain your cool.

Take Advantage of Time With Your Family

With school and business closures ramping up across Ontario, most of us are spending a lot more time with our families. Why not take advantage? Play board games with the kids and make an extravagant meal with your partner. Yes, your kids might get on your nerves. So, mindfully acknowledge that annoyance toward them and then kiss it goodbye. Treasure this time.

Arrange Video Dates

It's so important while practicing social distancing that you don't isolate yourself completely. This is critical for both you and for loved ones in your lives who don't live in your home. Arranging a video date with your best friend, sibling, or parent can provide emotional support, a good laugh, and a feeling of connectedness.

If You're Self-Isolating

Try to strike a balance, when self-isolating, between having a routine and making sure each day has some variety. Use this time as an opportunity to catch up on your to-do list, read that book you've been meaning to get to, or tackle a project around the house. Continue to access nature and sunlight when you can, and try to exercise and stay hydrated. Find ways to connect with friends or family through video chats or phone calls.

Take care of yourself and each other.