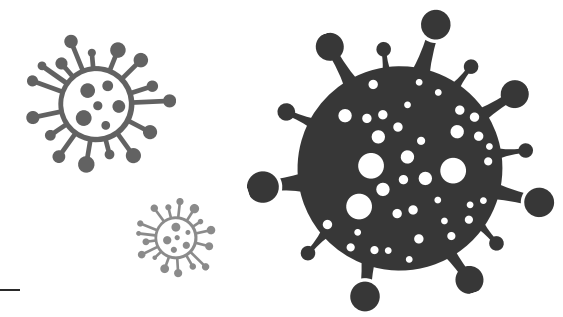


# COPING DURING COVID-19

## STRESS, ANXIETY AND SUBSTANCE USE

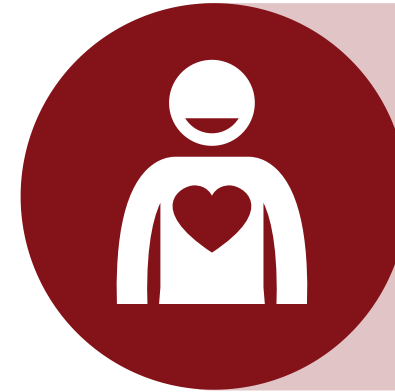


Feelings of stress and anxiety during COVID-19 are normal and coping can be a struggle. These actions may help.



### Taking care of your body is a good first step

Eating, sleeping and drinking water can help you maintain good health.



### Being kind to yourself is good for your mental health

You are doing your best to manage during a difficult time.



### Staying connected with friends and family can help with coping

Giving attention to the people that support you can be helpful.



### Talking about how you are feeling can lighten the load

Whether it's a friend, family member or a professional – support is available.



### Being active can boost your mood

Finding an activity you enjoy and moving everyday is good for your mental health.



### Spending time in nature is good for your mental health

Twenty minutes a day in nature can reduce stress.

**IF YOU NEED HELP NOW, 24/7 SUPPORT IS AVAILABLE THROUGH CRISIS SERVICES CANADA**

Phone (toll-free): 1-833-456-4566 Text: 45645

Find more mental health resources: [myhealthunit.ca/mentalhealthservices](https://myhealthunit.ca/mentalhealthservices)