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## Managing Anxiety During the Coronavirus Pandemic

Many of us are feeling anxious or worried during this unprecedented time. We are worried about our own health, the health and safety of loved ones and our financial security. It may be helpful to understand why we are feeling anxious. The human body's natural response to a threat is either to fight or flee. It is normal to feel as though we should be doing something. Our bodies want us to fight the enemy and there are physical processes that get fired up to prepare us for the fight. But for many of us, the most we can do is stay at home. This lack of action can lead to irritability and anxiety.

So how can we manage this anxiety? First, remind yourself that you are doing something. Staying home and respecting the guidelines for physical distancing is helping in the fight against Covid-19. As well, stay socially connected while physically distancing. This may be a time to reconnect with people in new ways. Try to go beyond the thumbs up on Facebook and try speaking to people by phone or video.

Hearing someone's voice or seeing their face will feel like a more meaningful connection for both of you. Reach out to someone you think may not have a lot of social interaction. Providing a connection for someone in need will help you feel good about making a difference.

Although it is important to stay informed, remember to control your exposure to the news. Constantly listening to updates may increase feelings of anxiety. Exercise, sing, dance and watch funny movies. Laughter and distraction will help to ease feelings of anxiety. Remember to do something relaxing or enjoyable before going to bed. This will help you sleep better.

Isolation may be a different experience for all of us. Remind yourself, and your children, that you are not isolating because you are scared or hiding, you are isolating to protect parents, grandparents, people with health conditions and frontline health care workers. You are a warrior in this fight! This may help you and your children, no matter the age, feel like good citizens and give you a sense of control over your circumstances.



**"The human body's natural response to a threat is either to fight or flee."**

## Tips for managing self-isolation

- [Stick to a schedule](#)
- [Get up and go to bed at regular times especially during the week](#)
- [Eat meals at regular times](#)
- [Maintain a healthy diet](#)
- [Exercise](#)
- [Limit exposure to the news](#)
- [Schedule time for social interaction](#)
- [Engage in social interaction that involves hearing each other's voices](#)
- [Accomplish something – take up a new hobby or learn something new](#)

Anxiety, if not addressed may turn into feelings of helplessness and depression.

If you, or someone you know, needs help for anxiety or depression contact your primary care physician or use one of these resources.

**The Centre for Addiction and Mental Health (CAMH)**  
**ConnexOntario (1-866-531-2600)**  
**Bouncebackontario.ca**



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