TAKING CARE OF YOURSELF

Anxiety and COVID-19

by Interligne

Under the current circumstances, it may be natural to experience difficult emotions such as stress, panic or anxiety.

Here are a few tips that we hope will help you reduce anxiety related to coronavirus.

SPEAK UP AND VENT.

- Taking the time to talk about our emotions.
- Contacting relatives, colleagues ...
- Contacting helplines, such as Interligne.

STAY IN THE “HERE AND NOW”.

- Focusing on what we can do now.
- Improving our current situation.
- Not projecting yourself into a hypothetical future.
- Identifying the good in your current situation.

RECOGNIZE YOUR POWER OVER THE SITUATION.

- Becoming aware of the things which we have power over.
- Becoming aware of the things that are beyond our control.
- Acting on the things that we can control.

STICK TO THE FACTS.

- Avoid drowning in the current of circulating information.
- Identifying and sticking to reliable sources of information.
- Avoid reading and sharing fake, false, exaggerated or misleading information.
- Limiting our time dedicated to the consumption of information.

USE STRATEGIES THAT WORK FOR YOU.

- Asking yourself : “What strategies have worked for me in the past?”
- Promoting techniques that you have already mastered.
- Focusing on strategies that give us control.

MAINTAIN A HEALTHY LIFESTYLE

- Establishing a routine.
- Healthy eating habits.
- Exercising regularly.
- Managing emotions.
- Avoiding drug and alcohol use.
- Choosing activities that help you feel good.

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