



March 14, 2020

In order to manage our mental wellness at this time of uncertainty with the spread of COVID-19, here are steps which we all can adopt:

- Gather information at regular intervals to prepare informed plans to protect ourselves and our loved ones. Updates are provided by Alberta Health Services, the Government of Canada and local civic authorities.
 - <https://albertahealthservices.ca/topics/Page16944.aspx>
 - <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>
 - https://www.edmonton.ca/programs_services/emergency_preparedness/covid-19.aspx
- Adopt protocols which will help prevent the spread of COVID-19 (e.g. wash hands with soap and water for 20 seconds more frequently, practice social distancing when possible, avoid touching our mouth, nose and eyes, cough into our elbow, etc.). Taking basic actions will give us a sense of empowerment.
- Make self-care a priority at this time in order to manage any COVID-19 anxiety. Read a book or practice mindfulness or meditation. If your physical health permits, schedule a period of exercise: walk around the house/apartment or outdoors (weather permitting). Follow us on social media and be inspired.
 - <https://www.facebook.com/CMHAEdmonton/>
- Keep in contact with others. Talking, texting and emailing are important ways to maintain social connections, while practicing social distancing, and to check in with one another.
- Our regular schedules may have changed, but it is important to establish a routine. Get up in the morning, have breakfast, schedule lunch and dinner and limit snacking between meals. And set a time to go to bed and stick with it: sleep is important.
- Reach out to CMHA Edmonton for formal mental health supports when needed to address feelings of anxiety or distress.
 - Phone the [Distress Line \(780.482.4357\)](tel:780.482.4357) if in crisis or distress
 - Phone or text 211 for community resources and updates regarding their operations. Or search online at www.ab.211.ca
- Acknowledge your anxiety and accept that you are feeling anxious. Ask yourself: Why am I feeling this way? Try to keep things in perspective by acknowledging the facts: we have a test to detect the virus, 80% of cases are mild, the steps that we are taking are meant to reduce the spread of the virus, information is being shared on a global level and the scientific community is working on next steps.

Make Mental Health Matter.