



Taking Care During Difficult Times

Managing Stress During the Pandemic

It's normal to have feelings of uncertainty and anxiety

Avoid Information Overload

- Limit your intake of information and choose credible resources (www.gov.nl.ca/covid-19).
- Limit your conversations about the pandemic in your household, particularly with children. Stick to the facts and how your family will seek support if needed.
- If you find the topic upsetting, set personal boundaries in conversations and in using social media.

Make Relaxation a Priority

- Do activities you enjoy and spend time with family (e.g., music, books, movies).
- Try relaxation techniques (e.g., deep breathing, mindfulness).
- Visit www.bridgethegapp.ca for more relaxation ideas.

Eat a Variety of Healthy Foods Each Day

- Use Canada's Food Guide when planning meals and snacks.
- Make water your drink of choice.
- Choose foods with less sodium, sugars and saturated fat.

Stay in Touch with Family/Friends

- Use technology to stay socially connected even when you cannot be physically connected.

Exercise Regularly

- Take part in physical activity daily.
- Choose activities you enjoy.
- If indoors for long periods of time, try playing indoor physical games like dance parties, musical chairs, and interactive video games.
- Interrupt long periods of sitting or reclining with activity (e.g., stretch, climb stairs, chores).

Get Enough Sleep

- Establish a bedtime routine and stick to it, even if the normal daily events have changed.
- Stay away from caffeinated drinks and large meals in the evenings.
- Engage in relaxing activities 1 hour before bedtime.

Keep a Sense of Humour

- Watch funny movies, tell jokes, play games.

Supporting Others

- Ask if it's okay to talk about the pandemic.
- Check in with people daily by phone or online.
- Help neighbours and family with special needs (e.g. drop groceries to their door).
- Offer to listen if you notice someone is having a difficult time.
- Encourage friends in isolation to connect with supports (e.g., family, neighbours, coworkers, clergy).