

Supporting mental health during COVID-19

COVID-19 worker supports

It's important to take care of your mental health, here are a few tips to help you.



Limit media and news time

Limit the amount of time you spend watching, reading, or listening to news about COVID-19. Seek information at specific times (e.g. once or twice a day) from reputable sources such as:

- [Alberta Health Services—Novel Coronavirus \(COVID-19\)](#)
- [Government of Alberta—COVID-19 coronavirus info for Albertans](#)
- [Government of Canada—Coronavirus disease \(COVID-19\)](#)

If you find yourself feeling anxious about content on social media, limit the time you spend on Facebook, Instagram, Twitter, etc.

Empower yourself

- Recognize what you can control and try to remain focused on the positive. Keep in mind that this situation is temporary.
- Maintain your regular routines as much as possible. Focus on what needs to happen today, and make a list of what you need to do in the next day or week to keep yourself safe and comfortable.

Connect safely

Although you may not be able to socialize in groups, find other ways to connect with family and friends.

- Try FaceTime, Skype or a WhatsApp video call—set up a daily visit to share a virtual coffee or meal with friends or family.
- Set aside focused time to connect with others in your household if everyone is healthy and it is safe to do so.
- Phone someone you have been meaning to catch up with.
- Write a letter or send a card.

Do something you've been meaning to do—practice self care!

- Read a book, write a book or journal.
- Try a new recipe.
- Listen to a podcast or audio book.
- Practice a favorite hobby—make something new.
- Play music or sing along to the radio.
- Take an online class—learn a language or skill, or use [MyLearningLink](#).
- Improve your space—repair, organize, or decorate something in your home.

Take care of your physical health

- Be active—practice yoga or try an online fitness class.
- Eat healthy—visit [Healthy Eating Starts Here](#) for ideas.
- Make sleep a priority—check out [this information](#) on how to get a better sleep.

Manage your stress

- Check out the [orientation to stress](#) for more information.
- Be mindful, gently paying attention to your thoughts, feelings and body sensations. This can help you understand why you're feeling anxious or stressed and it may help you to identify actions you can take to feel more in control.
- If you notice that you are reacting in ways that feel difficult to calm on your own, seek support from someone you trust and/or your healthcare practitioner.

Help others

Notice where you can help others safely:

- shovel a neighbour's walk
- get groceries for someone who is self-isolating or sick
- phone a friend or relative who may be lonely
- donate to a relief fund or the food bank

Reach out for support

- ***Employee & Family Assistance Program (EFAP)***
1-877-273-3134
- Find local ***AHS addiction and mental health supports***
- Call the Mental Health Help Line (24/7) at 1-877-303-2642
- Physician supports: ***Alberta Medical Association, Canadian Medical Protective Association—Physician wellness, Physician and Family Support***
- Midwives support: ***Alberta Association of Midwives***