

# CMHA Middlesex

## Coping Strategies

It is normal to feel anxious, stressed and lonely during these uncertain times. Increased isolation, change in routine, and fear can all have a major impact on our well-being. Although we can't always control external events, we can control how we respond to them.

Here are some tips from the Canadian Mental Health Association, Middlesex on how to regain power during these difficult times.

### STICK TO A SIMILAR ROUTINE.

Or create a new one! Life looks a little different during this time, so **try setting a daily routine for yourself with realistic goals to accomplish.**



### LOOK AFTER YOUR PHYSICAL WELLBEING.

One of the quickest ways you can combat stress is by looking after your physical symptoms. **Try an at home workout, focus on stretching or increase your daily steps!**



### ALLEVIATE WORRY AND FEAR.

It's important to be informed of what's going on with the pandemic, but **be mindful of how much time you spend listening, watching or reading media coverage** that you perceive as upsetting.



### GATHER ACCURATE INFORMATION.

Understand & determine your risk so that you can take reasonable precautions. **Find a credible source you can trust** such as the World Health Organization website or Middlesex London Health Unit.



### LOOK AFTER BASIC NEEDS.

**Prioritize regular hygiene, look after household chores, and make sure you fuel yourself with nutritious foods!** This will give you a sense of accomplishment and make you feel productive.



### CONNECT WITH OTHERS.

Talk to people you trust. **Prioritize social time with friends or family through calling, texting, video chats etc.**



### USE YOUR SKILLS.

**What have you done in the past to manage challenging times?** Practice those skills daily and choose the ones that work for you .



You can also use CMHA Middlesex's **Supportive Listening Line (519-601-8055), and Reach Out (519-433-2023)** for extra support!