

Quelling COVID-19 Anxiety

How much information is too much?



You have been given this handout as an aide to support yourself, other employees and family members as a result of the abundance of information available from the media and online related to the COVID-19 pandemic.

Millions are working from home and practising social distancing. Schools are closing, some products in grocery stores are scarce. There is so much information to access daily and some of it can be overwhelming. What can you do to help stay calm during this period of unprecedented change?

Manage your media and online intake

It's common that during periods of crisis, natural disasters or terrorist events, as people are more exposed to media their feelings of distress or anxiety may increase. It's important to give yourself a break from the news from time to time. It's important to not avoid the news entirely but be mindful of the source - as some information can be vague or unfounded. It's always better to rely on trusted forms of communication from organizations such as Health Canada, Centers for Disease Control or World Health Organization. Check back periodically, but don't overconsume to a point where you are feeling overwhelmed.

Try and focus on something else

During this time, relying on your support network can be particularly helpful. Keep in touch with your friends and loved ones, but talk about things other than COVID-19 (entertainment, pop culture etc.) so you aren't causing or feeding into more worry. Also try and take some time to focus on a hobby such as reading, writing or trying something new to help you relax.

Be aware of your mental health

If you find that your distress or anxiety is interfering with relationships, school or work, you may want to reach out to your EAP or a mental health professional. If you are already in treatment for a condition, you should continue being treated during the pandemic.

