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Managing anxiety in times of Coronavirus (COVID-19)



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Managing anxiety in times of Coronavirus (COVID-19)

Up until two weeks ago many of us were finalizing our travel plans for March break. Then suddenly the news channels began bombarding us with Coronavirus news. The World Health Organization subsequently labeled COVID-19 known as a [pandemic](#). Emotional responses included anxiety states and even panic attacks. With added information that people over 60 and those with other underlying health conditions, including hypertension and diabetes mellitus, are more vulnerable has also contributed to the added anxiety being experienced. To cope during these extremely distressful times, the World Health Organization has published several infographics on how to protect your mental health. One of these is especially dedicated to children.


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Coping with stress during the 2019-nCoV outbreak



It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. [Global Resources](#)

[Multilingual Articles & Videos](#)

If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



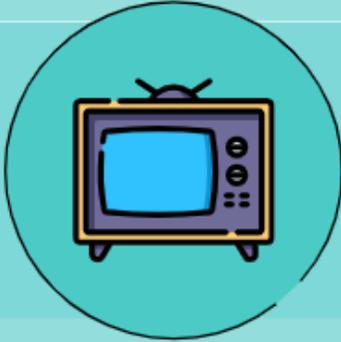


Don't use smoking, alcohol or other drugs to deal with your emotions.

If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.



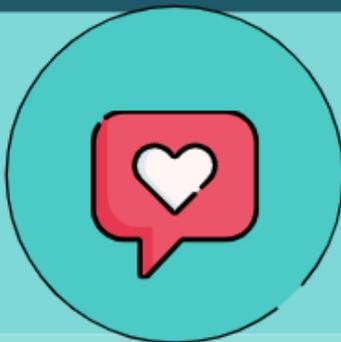
Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.



World Health Organization

Helping children cope with stress during the 2019-nCoV outbreak



Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention.

Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child to

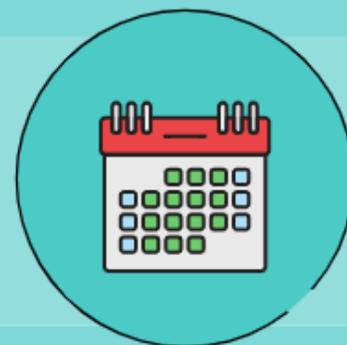


play and relax.



Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.



Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).

NePHJC: This page is meant to be a living resource for nephrologists during the COVID19 pandemic. <http://www.nephjc.com/covid19>

COVID-19 online-self-assessment: You can use this helpful online tool to check if you have symptoms related to Coronavirus. Please note that the helpline numbers given at the end of the assessment are only for the residents of Alberta. Please visit the official public health services department website of your province to get accurate information and helpline numbers: <https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx>

How to stay calm and protect your mental health during coronavirus: The APPLE technique can help you deal with anxieties and worries: <https://www.grimsbytelegraph.co.uk/news/uk-world-news/how-stay-calm-protect-your-3953902>

Check the World Health Organization's official website to get Coronavirus disease (COVID-19) advice for the public. With social media, it sometimes becomes difficult to

segregate facts from fake news and rumors: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

This useful guide covers topics like planning for staying at home or indoors, taking care of your mental health and wellbeing, and a checklist to see if are you ready to stay at home: <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

YMCA Health and fitness videos, which you can do from the comfort of your home <https://ymca360.org/on-demand#/>

You can also go through Psychoneurology resources on how to build mental resilience, with the focus on mindfulness, good sleep, loneliness, mindfulness meditation, mindful yoga and benefits of journaling. There are also posts that discuss burnout in different healthcare professions like physicians, nurses or caregivers. Technology plays an important role at a time when many of us are self-isolating.

We, at Psychoneurology, wish everyone good health and we hope that the situation will calm down sooner rather than later.

Featured image

By Erika Engel | March 19th, 2020 | Mental Health, 2020, COVID 19 | 0 Comments

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About the Author: Erika Engel



Erika Engel is an executive/life coach and therapist. She works with clients to help them increase self-awareness in order to create more choice in personal and professional pursuits and to arrive at their own definition of balance and fulfillment. She has been interested in mindfulness for a number of years and has completed a Mindfulness-Based Stress Reduction course at the Toronto Mindfulness Clinic led by Lucinda Skyes. Erika often recommends mindfulness meditation to reduce anxiety and stress for her clients. Erika has completed the Advanced Training in Psychoanalytic Psychotherapy program at the Toronto Psychoanalytic Society. She is also a member of the Canadian Association for Psychodynamic Therapy. Erika is certified by the International Coaching Federation and is qualified by Psychometrics Canada to administer the MBTI.

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