

Coping with Anxiety During the COVID-19 Outbreak

- It is *normal* to feel anxious during times of uncertainty.
- Anxiety is a natural response when we are faced with the unknown.
- Small amounts of anxiety can help us to prepare and protect ourselves.
- When anxiety gets too high, it becomes unhelpful.

Vancouver Island Psychological Services clinicians are offering telehealth appointments

reception@vippsychology.ca
250-727-7060 / 1-877-727-7060

Overwhelmed? Need immediate support?

Vancouver Island Crisis Line

1-888-494-3888

(24 hour support)

Six Tips to Manage Anxiety

1. Limit exposure to news & social media to 1-2 times/day. Get information from reliable sources.

2. Calm your mind and body with mindfulness and relaxation exercises.



Try anxietycanada.ca

3. Write down your worries. Break problems into smaller steps. Recognize that some worries are out of your control.



4. Focus on things in your control, like what you are doing to keep yourself and your loved ones safe.



5. Watch for extreme thinking. Anxiety makes us think bad things are more likely to happen. Just because something *may* happen doesn't mean it *will*.



6. Reach out to others by phone, text, or video call. Share how you are feeling with someone you trust.

