

AWARENESS OF EMOTIONAL WELL-BEING DURING COVID-19 PANDEMIC

Feelings of sadness, frustration, fear and/or confusion are common, and are to be expected during the COVID-19 pandemic. While experiencing uneasiness is normal, **excessive** emotional distress can be overwhelming and unhealthy.

Stress can sometimes build without our awareness. Here are some ways to tell **when stress or anxiety is high**:

	<p><u>Emotional and Mental Signs:</u></p> <ul style="list-style-type: none"><input type="checkbox"/> Feeling sad or irritable most of the time<input type="checkbox"/> Cannot take pleasure in most activities or hobbies<input type="checkbox"/> Constant worry or racing thoughts that cannot be controlled<input type="checkbox"/> Feeling on-edge or tense most of the time<input type="checkbox"/> Difficulty with concentration, memory and/or decision-making<input type="checkbox"/> Feeling guilty and/or worthless most of the time
	<p><u>Physical Signs:</u></p> <ul style="list-style-type: none"><input type="checkbox"/> Increased pain or tightness in your head, chest, stomach or muscles<input type="checkbox"/> Shortness of breath<input type="checkbox"/> Constant fatigue or low energy despite having enough time to rest<input type="checkbox"/> Frequent nausea, vomiting, constipation and/or diarrhea<input type="checkbox"/> High blood pressure and/or heart rate<input type="checkbox"/> Loss of sex drive
	<p><u>Behavioural Signs:</u></p> <ul style="list-style-type: none"><input type="checkbox"/> Sleeping too much or too little<input type="checkbox"/> Socially withdrawn from co-workers, friends and/or family<input type="checkbox"/> Consuming more alcohol, tobacco, or marijuana than usual<input type="checkbox"/> Trouble getting through daily responsibilities<input type="checkbox"/> Moving more slowly and/or cannot stop fidgeting<input type="checkbox"/> Engaging in more impulsive and/or dangerous behaviours (i.e., reckless driving, self-harm, excessive spending)

If several of the above signs or symptoms apply to you or to someone you know, it may signal the need to prioritize stress and emotion management.

Resources:

People manage stress and difficult emotions in a number of different ways. Here are some resources to help you build on your coping strategies:

Self-care Strategies

<https://www.wellwood.ca/self-care/>

Online Therapy

<https://www.mindbeacon.com/>

More Information about Mental Health and COVID-19

- World Health Organization published a guidelines, “Mental Health Considerations during COVID-19 Outbreak”
- The Centre for Addiction and Mental Health (CAMH) discusses “Mental Health and COVID-19 Pandemic” on their website