

Your Health  
Our Commitment

# Coping with the COVID-19 Pandemic

[JHAH Mental Health Services](#)

# Managing information overload

- Stay away from negative and unreliable information
- Stick to facts and rely on scientific sources
- Remember that exposing yourself to a constant stream of negative information takes a toll
- Know that experts are implementing protocols to contain the virus and treat those affected

# Managing your Emotions

- Know that it is OK to be anxious and concerned
- Fear of the unknown is a natural human reaction
- Acknowledge how you are feeling
- Be compassionate with yourself and others
- Try to manage your thoughts and feelings positively

# Ideas to Help Managing Emotions

- **Stay calm!** practical, and continue with your regular routines, as much as possible, following official restrictions
- **Stay connected!** Talk on the phone with friends and family, text, or chat, Skype, FaceTime
- **Stay healthy!** Eat healthy, exercise regularly, get lots of sleep.
- **Practice Mindfulness.** This can help to reduces anxiety. Try Apps such as *Calm* and *Headspace* as are the links below.

<https://sites.google.com/site/yasmineburaik1/>

[https://m.youtube.com/watch?v=cojXHk\\_bMAM](https://m.youtube.com/watch?v=cojXHk_bMAM)

# Supporting Children

- **Talk to your children**
  - Check their understanding of the situation.
  - Be honest, without causing fear.
  - Make sure the discussion is age appropriate.
  - Listen to how they are feeling and show understanding.
- **Managing YOUR anxiety reduces THEIR anxiety.**
  - Children pick up on your feelings and the feelings of others.
- **Make sure to:**
  - Maintain routines and schedules, following official restrictions.
  - Have fun and play, this may include games, activities, art... etcetera.

# Resources for Help

If you feel extreme anxiety or sadness or that impacts your ability to function normally:

Contact a mental health professional through our helpline for support.

**Call the Emotional Helpline at 013-870-1919**