



Canadian Mental
Health Association
Waterloo Wellington

Association canadienne
pour la santé mentale
Waterloo Wellington

Ways to Manage Anxiety

- Set and follow a daily routine, including wake up and bedtimes, a lunch break and meal times.
- Practice grounding activities when you are feeling overwhelmed.
- Make an Activity Jar. Write down a variety of enjoyable activities on pieces of paper and put them in a container (envelope, jar, etc). When you are feeling restless, pick one out and do that activity for a least 10 minutes.
- Move your body every day! Take short walks outside, put on your favourite music and dance, clean a room in your house, spend some time in your garden, jump on a trampoline or follow an online yoga lesson.
- Tidy up your space. An untidy space makes your brain feel untidy too! Do simple things like make your bed or do the dishes to maintain a sense of normalcy.
- Schedule regular virtual check-ins with loved ones via the phone or video, not just text messaging! Keep that human connection to decrease a sense of loneliness.
- Limit your screen time. There is a constant flow of information being shared, and not all of it is true. False information and reading about other panicking can be detrimental to your own mental health.
- Don't let all of your conversations be dominated by the pandemic. Establish your own boundaries and respect the boundaries of others. Respect that everyone will deal with this differently and do not shame or guilt people about how they are responding.
- Make time to take care of yourself. Do something that is just for you every day. Have a cup of tea. Listen to a podcast. Paint your nails. Have a nap.
- View this time as an opportunity to do something you have been waiting to do! Set a goal and work towards it. Read a book. Take an online course. Clean out a closet. Try out a new recipe.
- Maintain good personal hygiene. Not only is this important for physical health during a pandemic but it also helps to improve your feelings of wellness and a sense of normalcy.
- Look for the positive news stories. Communities are pulling together to help out their most vulnerable.