

## Being Mindful of Your Mental Health During the COVID-19 Outbreak

- **As we all face uncertainty about the novel [coronavirus](#), there are measures we can take to stay calm.**
- **For those living with a mental health condition like depression, anxiety, or PTSD, filling prescriptions ahead of time and asking your therapist to hold telemedicine sessions can ensure you keep your health a priority.**
- **The [National Association of School Psychologists](#) offers tips on how to talk to kids about the pandemic.**

With the country rolling out social distancing measures, schools and businesses closing, and companies declaring work from home necessary, Canadians are forced to face a new reality. While it may feel like life has stopped, there are ways to keep these times in perspective and learn how to carry on. Focusing on preparedness, staying calm, reaching out to check on the well-being of others, and self-care will help.

**Here are some tips for making sure you're taking care of your mental health during the coronavirus outbreak.**

### **Get a grasp on anxiety**

Many people with and without anxiety disorders are feeling anxious. For those living with a mental health condition like depression, anxiety, or PTSD, Deborah Serani, Doctor of Psychology, and Psychologist says you may be particularly vulnerable during this pandemic. The suggestion is filling prescriptions for the month and considering home delivery from your insurance carrier or local pharmacy.

### **Be angry, then practical**

While the situation is frustrating, Patricia Thornton, a licensed Psychologist advises to only allow yourself 15 minutes of anger per day, and then move on.

Serani agrees, that thinking positively during a disaster is easier said than done.

“One of the best ways is to ground yourself in science. Stay connected to your local or provincial health department for information. Avoid watching or reading news or social media, where facts can become blurred or even exaggerated. Remind yourself that infectious disease outbreaks have been part of our history, and this too shall pass,” she said.

Thornton also suggests watching reputable news once a day to stay up to date.

“New norms can change every day, so you can say, ‘Every day I’ll limit my news to a half hour in morning and in the evening to see if there is anything I need to change about my behavior.’ And don’t rethink your decision,” she said. For accurate information about the novel coronavirus and COVID-19, please visit Government of Saskatchewan website at [www.saskatchewan.ca](http://www.saskatchewan.ca)

### **Find ways to connect and stay busy**

Keeping a routine is important for adults and kids who are confined to their home.

Choose activities that soothe you or give you purpose, such as playing board games, reading, putting together puzzles, or bathing.

Make sure you call, text, FaceTime, or Skype daily with others. During traumatic times, having a sense of connection and a feeling of community is essential for hope and healing.

<https://www.healthline.com/health-news/taking-care-of-your-mental-health-during-covid19-outbreak>