

# COPING DURING

# COVID-19

## A RESOURCE FOR YOUTH



As the COVID-19 virus continues to affect our lives, it can feel like a stressful and scary time. It's normal to feel anxious right now with all the changes happening around us, but it's also more important than ever to think of ways that you can take care of yourself and focus on your mental health!

Being at home all the time can lead to long hours lounging around in pyjamas. While at first, this can seem like an unexpected "staycation," the longer it goes on, the more it can have a negative impact on your health.

Here are some tips to support yourself. Remember, what works best may be different for everyone. Do what makes sense for you!

### 1 Stay informed

Make sure you are accessing reliable and accurate information about the virus. Visit sites you can trust like the **World Health Organization**, **Health Canada**, **Public Health Ontario** and the **Ontario Government**.

Find a balance. Stay tuned in, but know when to take a breather from news and social media. Try to stay calm, and review **this resource** if you feel that you need more tips on coping with worries and anxious thoughts.

### 2 Support your physical health



#### Stay active.

Look for workouts online or on an app. If you go outside, go to spaces that have few people and try to maintain your distance from others.



#### Eat as healthy as you can.

Drink lots of water and try to eat healthy snacks, like carrots and dip or nuts. You can try a new recipe, too!



#### Try to get enough sleep.

And go to bed at the same time each night.

### 3 Create a routine

Having a list of things to do each day can help pass the time and keep a healthy head space. Try to get up at the same time each morning and go through your usual routine. Add other things you want to accomplish throughout the day to build a sense of mastery.

### 4 Stay connected

Talking to others and sharing how you feel is important. Try chatting over the phone, texting, or video-calling with people in your life. You can also look into building new connections with others online through playing games, joining book clubs, or watching videos online together!

## 5 Set boundaries

If you're feeling overwhelmed and need space, you can set boundaries with how much time you're spending online or with people in your life and be open about what you need from others. You can take advantage of wellness and time management tools built into your phone, like Digital Wellbeing on Android or Screen Time on iPhone.

## 7 Try strategies to cope with stress



### Meditate

Try a breathing exercise or try a guided meditation.



### Pick up a hobby

Try something new or revisit an old hobby! You may find playing an instrument, drawing or painting helps manage your stress.



### Declutter

Use this time to create a space that promotes wellness.

## 6 Be mindful of safer substance use

If substance use is, or has been, a part of your life, try to think about the benefits, effects or challenges that this has for you. Check out some COVID-19 harm reduction tips [here](#).

## 8 Look into financial resources

Right now, work can be uncertain for many people. If you need them, the government has a variety of benefits and supports available [here](#).

### If you need more support:

Find your local **Canadian Mental Health Association (CMHA)** or call 1-833-456-4566.

Call the **Kids Help Phone** at 1-800-668-6868 or text them at CONNECT 686868.

Call the **First Nations and Inuit Hope for Wellness Helpline** toll free at 1-855-242-3310 or use the chat box on their website to connect with a counsellor online.

Call the **Trans Lifeline** hotline at 1-877-330-6366.

**These can be challenging times for everyone. Remember that coming together as a community can make a difference. Be respectful, support others when they need help and take care of yourself.**

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This information sheet is not intended to be a resource for people who require screening for COVID-19 or who are experiencing a mental health crisis. If you are experiencing a mental health crisis, please call 911 immediately or go to your nearest emergency department.

For more information, visit [www.camh.ca/covid19](http://www.camh.ca/covid19).

This resource was developed by young people on CAMH's Youth Engagement Initiative and National Youth Action Council.

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mental health is health