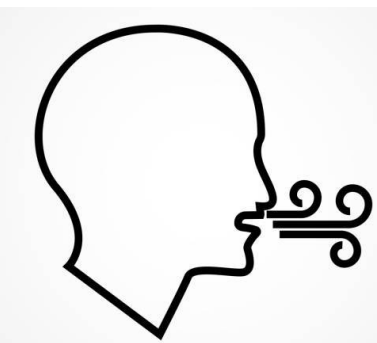


MANAGING ANXIETY AND STRESS DURING COVID-19

Self-care is important. It's normal to experience anxiety or stress during the outbreak of COVID-19. Everyone responds differently during stressful situations. We can reduce stress and anxiety by sharing facts. This can help reduce worry and make the outbreak less overwhelming.

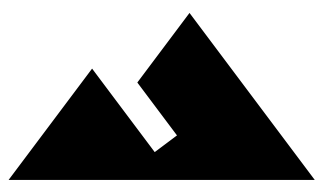
Sometimes it can be challenging to know what steps we should take to reduce our anxiety. Here are some techniques for you and your loved ones to help manage and cope with stress:



BREATHING TECHNIQUES

Deep breathing: Take a deep breath, letting your abdomen expand fully. Hold it for about 3 seconds. Let your breath out all at once. As you exhale, relax your jaw and shoulders.

Tension release: Tense your muscles, one area at a time. Take a deep breath and hold it as you curl your toes for about 5 seconds. Let your breath go all at once. Next clench your calves, thighs, buttocks, arms, shoulders, jaws and finally squeeze your eyelids.

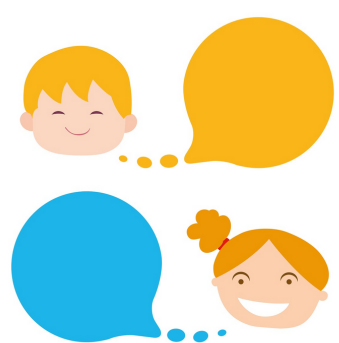
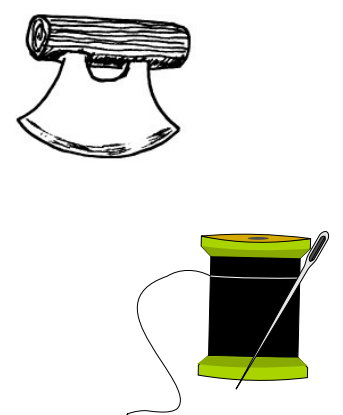


SPENDING TIME ON THE LAND

Going outside, going to nature and spending time at your cabin can help support your mental wellbeing.

MINDFUL ACTIVITIES

Activities focusing your attention on the present moment. Sewing, beading and cooking are all good ways to reduce anxiety.



TALKING TO FRIENDS/RELATIVES (ON THE PHONE OR ONLINE)

Connecting with loved ones is key to maintaining healthy relationships and balance. Social distancing does not mean social isolation.

LIMITING TIME ON SOCIAL MEDIA

Although it is important to stay informed and aware of the latest recommendations, limiting time on Facebook, Instagram and Twitter can help to minimize feelings of anxiety and stress.



The Government of Nunavut provides free counselling in all languages for employees and their immediate family members in times of crisis, 24 hours a day, seven days a week.

If you are finding that the anxiety is overwhelming, and need to talk to a professional, please call the Employee and Family Assistance Program through Homewood Health at **1-800-663-1142**.

Many resources are available upon request, i.e. wellness articles and self-help tools. Please visit **www.homewoodhealth.com** for more information.

Helplines are available to provide crisis support to those who may be experiencing increased anxiety and stress.

Nunavut Kamatsiaqtut Help Line: 1-800-265-3333

Elders' Support Line: 1-866-684-5056

Employee and Family Assistance Program: 1-800-663-1142

Individuals who are at immediate risk of harming themselves or others should seek help immediately at their local health centre and/or contact the RCMP.



For more information, visit **gov.nu.ca/health** or follow our social media pages at **facebook.com/GovofNunavut/** or **twitter.com/GOVofNUNAVUT**