



Canadian Mental
Health Association
Manitoba and Winnipeg
Mental health for all

Association canadienne
pour la santé mentale
Manitoba et Winnipeg
La santé mentale pour tous



years of
community
ans dans la
communauté

6 Essential Ways to Keep Your Anxiety from Taking Over

These are times when there is a lot of uncertainty and change. It is natural to feel anxious about COVID-19 and worried about what the future holds. However, it is important to respond to your anxiety and stress and not let those anxious feelings take over. Here are some ways to manage your anxiety and stop it from overwhelming you:

- 1. Create Structure:** Build structure in your day and establish a routine. Having activities and plans to focus on will keep you busy and distract your attention from anxious thoughts. Plan meals for specific times of day and keep a sleep routine in place, and plan activities to keep you busy. Predictability can be comforting during stressful periods.
- 2. Manage your Environment:** If your environment is out of control, you will feel out of control. Identify daily tasks to do or create a weekly schedule focused on your space. When your environment feels tidy and organized you will feel more positive and prepared.
- 3. Do not forget about Self-care:** Building in self-care such as exercise, meditation, laughing, getting fresh air, and alone time – is not selfish. It's a key part of managing your anxiety. Even a 10-minute walk or making yourself a cup of coffee can calm your nerves. Drink lots of water, eat nutritiously and find time to enjoy yourself.
- 4. Pep talks:** You can give these to yourself, or you can reach out to a trusted confidant. The key is to find positive perspectives to reach past your anxiety. Positive self-talk and encouragement can help keep us moving forward and keep us feeling motivated. Speak gently and kindly to yourself and remind yourself that you are strong and able to manage difficult experiences.
- 5. Label your anxiety:** Sometimes, simply noting what's making you anxious and acknowledging it can help you calm down. When we identify the emotions we are feeling, we can accept them and remind ourselves that anxiety is normal during stressful situations. When we identify what we are anxious about, we can move into brainstorming solutions to the problems we are facing or accept what we cannot control.
- 6. Remember you're not alone:** Think about those around you and what you can do to help or support them. As well, ask for the assistance or support that you may need to feel more able to manage and relaxed. If everyone is pitching in and taking care of each other we feel safer, stronger and more resilient during challenging times.

The CMHA Service Navigation Hub (SNH) provides information on a range of topics related to mental health, mental illness, distress and strategies connected to resilience.

When you connect to the SNH they listen and assess your situation; provide immediate support; educate and provide consultation on your rights and to determine next possible steps of action – whether to proceed with intake to CMHA programs or to refer to appropriate community supports.

You can reach them directly at: 204-775-6442 or email at: hub@cmhawpg.mb.ca

Visit: [service navigation hub](#) for more detailed information on the support a Recovery Navigation Specialist can provide as well as other crisis supports within Manitoba.