



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

## Basic Tips for Managing Stress during the COVID-19 Pandemic

Stress and anxiety are natural reactions to uncertain and challenging experiences. Here are some tips to manage your stress during the COVID-19 pandemic:

### 1. Stay Connected

Although we are practicing social distancing, connect with friends and family online, by text and on the phone. Margaret Eaton, National Chief Executive Officer of the Canadian Mental Health Association suggests that talking to others and knowing they are okay can help us feel better. “Even if we can’t be close physically, we need to try to stay close emotionally,” she says.

### 2. Maintain a Routine

Self-isolation can be boring and difficult. Set a routine that gives your day some structure. If you are confined with others, plan with them what you will do with the time together and ensure you each plan for some alone time each day. Use your time in a way that feels meaningful to you and your family members.

### 3. Self-care

Be gentle with yourself, and remember stress and anxiety are normal reactions these circumstances and that there are some things happening beyond your control. Explore self-management strategies like mindfulness, yoga, creative expression, journaling and exercise. Eat as well as possible, drink lots of water, get enough sleep, and make time for the activities and hobbies you enjoy. Try to relax and take it one day at a time. Stay informed but avoid spending too much time on the news, instead check in periodically and get only the updates and information you need.

**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](mailto: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.



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