

Anxiety and COVID-19: Mental Health Wellbeing Tips



The Centre For Effective Living understands that for many in our community – especially those who struggle with anxiety – the current coronavirus outbreak is leading to higher levels of anxiety and distress. How can you manage anxiety during these uncertain times? Here are a few suggestions from our team of psychologists:

Listen to the experts, but turn off the noise.

There are many, many sources of information and news about the coronavirus, and not all of them are helpful or accurate. If it's making you anxious, give yourself permission to turn it off. Instead, put on some music, an audiobook, or your favourite meditation track. We may be staying inside, but we can put on some outdoor noise, like birdsong or ocean waves.

Reframe the situation.

Instead of thinking "I'm stuck inside", tell yourself "I am safe in my home". Instead of "COVID-19 is out of control", tell yourself "We know there are ways to stop the virus being transmitted through good hygiene and social distancing". Instead of "this feels like the end of the world", tell yourself "the world has had pandemics before (Spanish Flu or Influenza), and the world and human beings survive".

Stay Positive.

Sticking to a routine will help us feel more positive. Make a new indoor routine e.g. set aside time each morning to journal your thoughts and feelings, or have a cup of tea at 4pm. Perhaps you could finally do that task or hobby you've always wanted to but never gotten around to!

Move your body each day.

Aim for at least 30 minutes of movement daily. If you don't feel comfortable going outside, there are many YouTube videos that offer free movement classes.

Practice physical distancing, not social distancing.

Although we have less face-to-face time with others, we can still stay connected. Reach out digitally to a friend to check-in that they're okay, remind them of a good memory, let them know something you appreciate them for, and dream about what you can do together when you can reunite.

Stick together in tough times.

It is a difficult time for many people, and we need to stick together to get through this. As psychologists, it is our responsibility and privilege to care for the mental health of people in our community particularly at this time. One way we are doing this is making a commitment to publishing our best tips for mental health wellbeing daily on our social media channel.

Follow us on Facebook at Centre For Effective Living.