

# Coping with Stress

February 2020

## Self-Care and Stress Management

As we know there are several ways to cope with stress. What works for one person may not work for another, and what works in one situation may not work in a different situation.

Identify your top three self-care practices, strategies, and resources.

Establish when / how you will do this, and who / what can support you.



Remember it is normal to feel sad, stressed, confused, scared or angry during a crisis



Maintain a healthy lifestyle as far as you can, including diet, sleep and exercise



Limit worry by watching or listening to media coverage less



Don't smoke, drink or use drugs to deal with your emotions



Keep connected to people by phone, email and social media



Be kind to others and to yourself



Get the facts to help you determine your risk and protect yourself



Seek advice you can trust from the NHS and the Government



Use skills you already have, and have used in the past to deal with stress

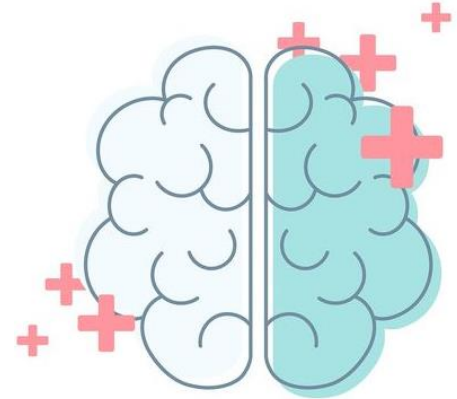


Structure your day with things that you can realistically achieve

# LFR M.E.D.S.

## Mental Health During COVID-19

As we past the one-year anniversary of the first COVID-19 case in Canada and we near a full year of restrictions, lets check in and see how we are coping and navigating this new world.



It is perfectly understandable that our current situation affects our mental health negatively. The news of the pandemic is inescapable, there is no clear end date, it is unpredictable, and we have little to no control over it.

With restrictions in place, several of our go-to coping mechanisms have been shut down and taken away from us. Between this and the added stressors that have come with the pandemic, this has the potential of compounding the amount of day to day stress.

Check the signs and indicators on the Mental Health Continuum Self-Assessment online, from the Resilient Minds Article, or the Langford Fire Rescue Mental Resilience Manual and note any changes that may have occurred over the last number of months. From the results of the self-assessment, make the appropriate action needed whether that is maintaining a healthy lifestyle, introducing healthy coping mechanisms, or seeking consultation.

Let's continue to look out for ourselves and one another!

### Online Resources

- [heretohelp.bc.ca](http://heretohelp.bc.ca)
- [bc-counsellors.org](http://bc-counsellors.org)
- [firstresponderhealth.org](http://firstresponderhealth.org)
- [cmha.ca](http://cmha.ca)
- [mentalhealthcommission.ca](http://mentalhealthcommission.ca)

### Telephone Resources

- Health Link BC 811
- Vancouver Island Crisis Line 1-888-494-3888
- Mental Health Support Line 310-6789
- Crisis Intervention 1-800-784-2433