

We are living in a pandemic.




MENTAL HEALTH DURING COVID19

Imagine that your brain is a jam jar. Just like a jar, it only has a limited amount of space for stress.

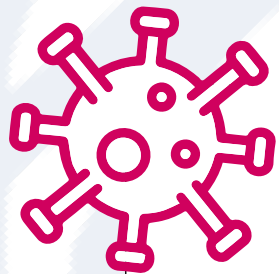
When that space is filled—like it is for many people during a pandemic—the results can be serious.



MENTAL HEALTH SELF-CHECK

	 HEALTHY	 REACTING	 INJURED
Mood	Calm, confident Normal mood fluctuations	Irritable, impatient Sad, nervous	Angry, anxious Pervasive sadness
Thinking	Able to concentrate Takes things in stride	Intrusive thoughts Sometimes distracted	Recurrent intrusive thoughts Cannot focus on tasks
Behaviour	Physically/socially active Present	Decreased activity Present but distracted	Avoidance Decreased performance
Physical State	Normal sleep patterns Good appetite Feeling energetic	Trouble sleeping Some lack of energy Changed eating patterns	Restless sleep Loss of appetite Fatigue
Addictive Behaviour	Limited substance use No trouble/impact due to substance use	Regular to frequent substance consumption, limited binge drinking	Frequent alcohol/substance use Struggle to control behaviours

* Increased stress can also increase relationship violence. These impacts are aggravated by preexisting systemic inequities.



FIND SUPPORT IN YOUR AREA

AHS Mental Health Helpline (24/7 toll free):
1-877-303-2642

CMHA Distress Line (24/7): 780-482-4357

Trans LifeLine: 1-877-330-6366

AHS Crisis Line (toll free):
1-800-482-4357 or 1-800-784-2433

Canada Suicide Prevention Service
(24/7 English & French): 1-833-456-4566

First Nations & Inuit Hope for Wellness
Help Line (24/7): 1-855-242-3310

Addiction Helpline: 1-866-332-2322

Community Resources: 211 Alberta

Crisis Text Line: Text CONNECT to 741741

Family Violence Supports: 310-1818

Income Supports: 1-866-644-5135

MANAGING STRESS DURING COVID19

Learn what coping strategies help reduce your stress and its health consequences. Here's a place to start:

- spend time exercising, reflecting, and being present
- embrace the basics: shower, eat healthy food, put on clean clothes, and drink water
- focus on what you can control (make a list)
- communicate with others (avoid isolating)
- speak to a mental health professional
- stick to a schedule
- learn something new
- productivity comes second

