

## 12 Tips for Managing Stress (resulting from the COVID-19 crisis)

- Stay informed- ensure this is from reliable sources (such as [Canada.ca/coronavirus](https://www.canada.ca/coronavirus)) and follow news coverage about COVID-19 in moderation. Take breaks from watching, reading, or listening to news stories. It can be upsetting to hear about the crisis and see images repeatedly.
- Take care of your body. Take deep breaths, stretch or meditate. Try to eat healthy, well-balanced meals, hydrate, exercise regularly, and get plenty of sleep. This can give you a sense of well-being and help lessen the anxiety and it will help you put things in perspective.
- Make time for laughter.
- Make time to step back and consider how to take advantage of unexpected flexibility in your daily routine.
- Stay connected. Talk to friends or family about your feelings and concerns, while maintaining social distancing.
- Make the maintenance of healthy relationships a priority and respect other people's feelings and decisions.
- Show support and empathy to those dealing with difficult situations. Remember that being perceptive of others is very important right now, even if personal stress levels are higher than usual.
- Identify what is within your control and try to direct your energy towards what most worries you within your own control.
- Pick a time and place to do your worrying and make it the same time and place every day. Spend 30 minutes thinking about your fears and what you can do about them. Don't dwell on what 'might' happen, focus on what **is** happening.
- Learn to relax. Yoga, muscle relaxation, biofeedback and deep breathing can all help you deal with your anxieties. For muscle relaxation, simply lie down and focus on one muscle group at a time, starting with your feet or your head. Tense the muscle for a few seconds then let it go. Move on to the next muscle. Hot showers/baths or hobbies are also relaxation promoters. Do these things as often as possible.
- Confront the things that have made you anxious in the past. You might start by making a list. Then picture yourself confronting these situations. This way you can develop techniques to deal with them before you are anxious. You might also try examining the level of your anxiety, on a scale of one to 10.
- Avoid the caffeine found in coffee, tea, soft drinks and chocolate. They can increase your level of anxiety. Also avoid over-the-counter diet pills, and cough and cold medications. Alcohol should be used in moderation.

Take care, and please let me know if you would like more information on this topic.

Kind Regards,

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