



Your Employee Assistance Program is a support service that can help you take the first step toward change.

Protect your mental health in uncertain times

During times of crisis, we need up-to-the minute information to ensure our safety and the safety of others. However, constantly watching TV, checking social media and scanning newsfeeds can have a serious impact on our mental health and our ability to cope.

It's normal to be anxious, scared and confused in uncertain times, but many people can become overwhelmed and experience:

- extreme anxiety
- depression
- sleep issues
- difficulty concentrating
- irritability or mood swings
- fatigue, headaches, stomach aches
- increased use of alcohol or drugs

Coping with crisis

How do we stay informed without becoming overwhelmed? Here are some ideas to cope when the news is unsettling:

- Take breaks from, or place time limits on, watching, reading, or listening to news stories.
- Social media is a great way to spread news, but it can also be a way to spread falsehoods, myths and hoaxes, which only increase our anxiety. Limit your sources of information to reliable and reputable sources.
- Headlines are written to grab your attention. Don't just read a headline, read the details of a story to gain perspective.
- Balance tough news with good news – stories and posts that make you laugh and lift your spirits.
- Set boundaries by not allowing yourself to be drawn into discussions or arguments online or in person about subjects that upset you.
- Make time to unwind and have fun. Play a sport, do crafts, try a new hobby, meditate or play an instrument.
- Use technology to stay connected to people. Video conference with far-flung family, Skype or FaceTime a friend, chat on social media or call and check in with neighbours.
- The most important thing we can do for our physical and mental health during difficult times is to maintain a healthy lifestyle, so try to focus on maintaining a healthy diet, and getting plenty of exercise and sleep.

Finally, if you feel anxious, unsure or unable to cope, [contact](#) us for information, resources, online training, podcasts and webinars on handling stress in an uncertain world.