

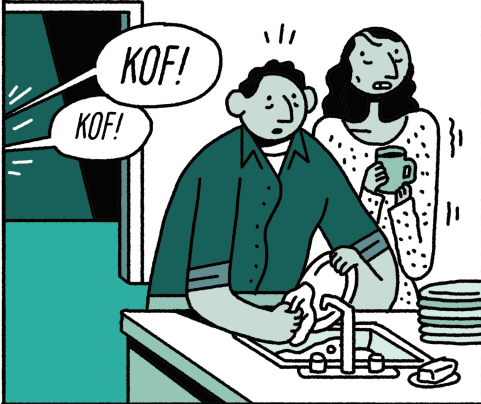
Coronavirus

My wellbeing in my new country

Centre intégré
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Centre d'expertise sur le bien-être et l'état de santé
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For awhile now the coronavirus has been intruding on our lives. The slightest cough or fever and COVID-19 jumps into our thoughts. Could I be stressed?



Being in isolation and having a hard time understanding what's going on because of the language, can be stressful. This can show up in many ways :

- Having a hard time sleeping or focusing;
- Headaches and stomach aches;
- Decreased appetite;
- Irritability and frustration;
- Worry and anxiety.

Loss of control and uncertainty can sometimes make us relive stressful situations from the past.



There are several things you can do to help sustain your wellbeing:



Limiting the time you spend on social media or checking the news;



Making a daily routine with a schedule and activities;



Expressing your thoughts and worries (in writing, prayer, song, drawing etc.);



Keeping active, meditating, doing yoga or breathing exercises;



Prioritizing activities that bring us pleasure (music, movies, television, books etc.);



Calling our close ones to talk.

A feeling of suffocation, panic at just the mention of the word "coronavirus", strong irritability, all indicate the need for help.



Some resources to contact:

Multilingual Help Services 2-1-1
Information on COVID-19 1-877-644-4545
The CLSC in your neighbourhood